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Cassandra Gordon Earns Girl Scouts Gold Award

QHS Senior Creates Website With Educational Materials On Gardening, Healthy Eating

By SCOTT JACKSON

For her Gold Award project, Cassandra Gordon, a local Girl Scout, created a new website with educational materials on gardening and healthy eating and also led workshops in the community focused on those same topics.

Also a member of the Boy Scouts, Gordon expanded a community garden in Houghs Neck to complete her Eagle Scout project.

Gordon, age 17, is a member of Girl Scouts of Eastern Massachusetts Troop 85042 as well as Boy Scouts Troop 6G. She joined the Girl Scouts a decade ago and the Boy Scouts in 2019.

"My brother was in Boy Scouts, so I wanted to do Boy Scouts, but we weren't allowed to then," Gordon recalled in a recent interview. "A group of my friends were forming a Girl Scout troop, so I joined the Girl Scout troop with them. My friends didn't continue it, but I continued on."

"It's funny to me now because I wanted to join Girl Scouts because I couldn't join Boy Scouts, but now I'm also a mem-



CASSANDRA GORDON, a local Girl Scout and senior at Quincy High School, recently earned a Gold Award, the highest achievement a Girl Scout can earn. She created a new website with educational materials on gardening and healthy eating and also led workshops in the community focused on those same topics.

Courtesy Photo

ber of Boy Scouts."

The Gold Award is the highest-level achievement a Girl Scout can earn. Gor-

don began her Gold Award project for the Girl Scouts in September 2020 and re-

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Councillors Want To Discuss Retirement Board's Future

Possibility Of State Management Board Overseeing Money In City's Pension Fund

By SCOTT JACKSON

City councillors want to investigate the possibility of dissolving the Quincy Retirement Board and having the Massachusetts Pension Reserves Investment Management Board oversee all of the money in the city's pension fund.

The Pension Reserves Investment Management Board, or PRIM, is already responsible for managing the funds the city borrowed last year using a \$475 million pension obligation bond. Councillors on Monday approved a resolution asking a designee of the

Quincy Retirement Board to appear before the council to discuss the possibility of having PRIM oversee all the money in the city's pension fund.

The resolution was approved in an 8-0 vote; Ward 1 Councillor David McCar-

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NQ's Orlagh Gormley Sets New City Basketball Scoring Mark

ORLAGH GORMLEY (right) scores two of her record 56 points in North Quincy's 80-57 win over Masconomet in the Div. 2 tournament last Saturday at NQHS. Gormley's 56 points eclipsed the previous record of 54 points scored by NQ's Brian Ross in 1998. With the win, the #8 seeded Raiders advanced and hosted #9 Pentucket Wednesday at 5 p.m. The North Quincy boys basketball team also won last Saturday and hosted #9 Walpole Wednesday at 7 p.m. More tournament coverage begins on Page 16.

*Quincy Sun Photo/
Robert Bosworth*



Report: County Real Estate Activity Sluggish In February

Norfolk County Register of Deeds William P. O'Donnell reports that February's numbers relative to Norfolk County real estate activity show a fairly sharp drop as compared to February 2021 and January's numbers.

"Our data indicates that

the Norfolk County real estate market in February was sluggish when compared not only to February 2021 but also to January," O'Donnell said. "There were 10,291 documents recorded at the Norfolk County Registry of Deeds in February, a 34 percent decrease over last

year's February document volume and an 11 percent decrease from January.

"The number of deeds for February 2022, which reflect real estate sales and transfers both commercial and residential, decreased by 19 percent from February 2021 and by 32 percent

from January. Sale prices increased significantly compared to last year but now appear to be leveling off. February's average sales price was \$1,218,942, an impressive 42 percent increase compared to February 2021 but down 15 percent from January. Total dollar volume

of commercial and residential sales also showed gains from one year ago, increasing 14 percent but are down 42 percent from January," O'Donnell noted. "It remains to be seen if this trend continues into March."

Overall lending activity showed a decrease again for

the month of February. A total of 1,940 mortgages were recorded during the month, a 56 percent decrease compared to a year ago and a decrease of 17 percent from January. "It appears that many consumers have already refinanced given the

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More Quincy news:
The Quincy Sun.com

Time For Tennis Conditioning

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Tennis is a superb physical activity for people of all ages. Whether you engage in competitive sets of tennis or just keep the ball in play for as many hits as you can make, the health and fitness benefits are pretty impressive. With respect to muscular conditioning, tennis involves locomotor movements in all directions (forwards, backwards, sideways), which enhances balance, coordination, and agility, while increasing your muscle function and metabolism. With respect to cardiovascular conditioning, singles tennis can significantly improve aerobic fitness, and even slower-paced doubles tennis can provide some heart-health benefits.

The keys to successful tennis experiences are pre-season conditioning and gradual playing progression. Because tennis involves intermittent acceleration and deceleration (starting movements and stopping movements), it is essential to strengthen all of your major muscle groups prior to getting on the courts. I recommend doing at least four weeks of tennis conditioning exercises before going

to the courts. An appropriate program of resistance exercise should reduce your risk of injury and improve your tennis performance. Additionally, I suggest starting your tennis season with relatively brief court appearances (30 minutes), and gradual progression to 40, 50, and 60-minute games. Prolonged playing periods typically lead to overuse injuries (especially shoulders, elbows, and wrists), and subsequent discontinuation of an excellent/enjoyable fitness activity.

Resistance Band Exercises for Tennis

If you do not have access to resistance machines or free-weights, please consider doing these seven, tennis-related, resistance band exercises. Resistance bands are economical and versatile strength training tools available in any sporting goods store. They provide variable resistance, and come in different sizes to accommodate different strength levels. When holding onto resistance bands, keep a firm grip, and an erect posture, with chest up, shoulders down, and attention to proper exercise technique. Perform each exercise

with moderate movement speed, full movement range, and continuous breathing throughout each repetition. For best results, perform 1 to 3 sets of 10 to 15 repetitions each, 2 or 3 non-consecutive days per week.

Forearm Exercise

An injury common to this sport is *tennis elbow*. An excellent means for strengthening your forearm muscles are the wrist flexion and extension exercises. To perform **Wrist Flexion**, sit in chair, place the resistance band securely under both feet, and hold the band ends in each hand. Bend slightly forward from the hips and rest your forearms, palms-up, on your thighs. Keeping your forearms on your thighs, slowly flex your wrists upward, pause momentarily, then slowly lower your wrists to a comfortably stretched position. Repeat 10-15 times. To perform **Wrist Extension**, simply switch the wrist position to palms down. Slowly extend your wrists upward, pause momentarily, then slowly lower your wrists to a comfortably stretched position. Repeat 10 to 15 times.

Shoulder Rotator Cuff Exercises

It is essential for tennis players to keep their shoulder muscles stable and strong to minimize injuries associated with serving and swinging actions. To strengthen **Internal Shoulder Rotation**, anchor one end of the resistance band inside a closed door at waist level, and hold the other end with your right hand. Stand with your right side toward the door, your right upper arm against your side, your elbow at a right angle, and your forearm comfortably stretched away from your body. Keeping your upper arm against your side, slowly pull the band across your body to your left side. Pause momentarily, then slowly return to the starting position. Repeat 10-15 times. Reverse your body position, and perform the same exercise with your left arm.

To strengthen **External Shoulder Rotation**, hold the resistance band with your right hand, stand with your left side toward the door, your right upper arm against your side, your elbow at a right angle, and your forearm comfortably stretched across your body to your left side. Keeping your upper arm against your

side, slowly pull the band across your body to your right as far as comfortable. Pause momentarily, then slowly return to the starting position. Repeat 10-15 times. Reverse your body position, and perform the same exercise with your left arm.

Upper Body Exercises

The basic resistance band exercise for strengthening the chest, front shoulder, and rear arm muscles is the **Chest Press**. Sit in a sturdy chair with a wide back, place the band securely behind the chair back, and hold the band ends with your upper arms parallel to the floor and your hands at mid-chest level (some band tension). Slowly extend your arms forward (like performing a push-up) until your elbows are straight. Pause momentarily, then slowly return to the starting position. Repeat 10-15 times.

The basic resistance band exercise for strengthening the upper back, rear shoulder, and front arm muscles is the **Seated Row**. Sit on the floor with your legs comfortably straight, your torso erect, the band securely looped around the feet, and hold each band end with your arms comfortably stretched forward (some band tension). Slowly bring



WAYNE WESTCOTT

your hands to your waist by flexing your elbows, pause momentarily, then slowly return to the starting position. Repeat 10-15 times.

Lower Body Exercise

The power for successful tennis performance comes from the legs. The best single exercise for comprehensive leg conditioning is the squat. To perform the **Resistance Band Squat**, stand erect with your feet about hip-width apart, and the band securely anchored under both feet. Crisscross the bands in front of your body, gripping the right handle with your left hand and the left handle with your right hand, and hold securely at chest level. Keeping your head up, chest lifted, and weight evenly distributed on both feet, slowly lower your hips downward and backward into a squat position (90-degree knee-bend with some band tension). Pause momentarily, then

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Expert Orthopedic Care in Your Community

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We're proud to welcome David Magit, MD, a board-certified orthopedic surgeon, to our team at Beth Israel Deaconess Hospital-Milton. With expertise in shoulder, knee, and elbow injuries, Dr. Magit offers pre- and post-surgical care conveniently at our Beth Israel Lahey Health Care Center - Quincy location.

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David Magit, MD

Funds OK'd For Squantum School Feasibility Study

By SCOTT JACKSON

City councillors on Monday approved Mayor Thomas Koch's request to borrow \$1.5 million to begin the feasibility study for a new Squantum Elementary School, the next step in the process of replacing the existing 103-year-old building.

Councillors approved a \$1.5 million bond for the feasibility study in an 8-0 vote on Monday evening, with Ward 1 Councillor David McCarthy not in attendance.

The city is currently working with the Massachusetts School Building Authority to replace the Squantum Elementary School on Huckins Avenue. The city intends to replace the school with a new facility constructed behind the existing building.

The existing Squantum Elementary School, which first opened in 1919, is in the worst condition of all the city's schools, according to Paul Hines, the city's commissioner of public buildings.

"Universally across the board everyone is in agreement that the Squantum School is probably in the worst condition of all our school buildings - the handicap accessibility issues, layout, overcrowding, ventilation," Hines said. "There is many issues there and it is long overdue."

The project was accepted into the MSBA's capital project pipeline last April. As part of that process, the MSBA recommended a facility with space for 335 students, Hines said, roughly

the school's current enrollment. The city appealed that recommendation based on the current enrollment in the school system and the growth of the city's housing stock and, based on that appeal, the MSBA increased the size of the new facility to 380 students.

"The MSBA did listen to us and they did revise their projections...which is great news," Hines said. "It really wasn't going to be any bigger than it is now, and it is already overcrowded."

Ward 6 Councillor William Harris welcomed the increase in the size of the new facility to 380 students.

"That's a great job on the city to pursue that," he said. "It's not only important to the Squantum community but it also allows a wider range of children to be able to experience a brand-new school."

During the feasibility stage, the city will begin its due diligence on the size and layout of the new building, among other things, Hines said. During this stage, the city will hire an owner's project manager, or OPM, along with a designer for the new facility. The \$1.5 million includes \$750,000 to hire the designer, \$400,000 to hire the OPM, \$300,000 for environmental and site testing, and \$50,000 for contingencies.

The MSBA reimburses communities for a portion of the cost of replacing or repairing school buildings. Hines said the MSBA's base reimbursement rate for constructing new buildings is 31 percent, which can in-

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QHS Students Attend Harvard's Model United Nations



EIGHT QUINCY HIGH School students were awarded scholarships to attend the 69th meeting of Harvard's Model United Nations. More than 4,000 delegates from across the country met to "offer solutions to some of the world's most pressing issues, from pandemics to financial crises. The Quincy High School delegation, led by QHS Social Studies teacher Meg McMillen, represented France, Ireland, and Kiribati. Front row from left to right: Emma Brown, Sabrina Egan, Yu Fan Mei and Gabriel O'Brien. Back row: Maha al-Ibrahimy, Samuel Spendlove and Sarah Gorman. Missing from photo is Emma Bateman.

Photo Courtesy Quincy High School

HN Community Council Blood Drive March 30

Houghs Neck Community Council will be holding a winter Blood Drive to help with the extreme shortage of

blood.

The blood drive will be held Wednesday, March 30th from 2 - 7 p.m. at St.

Thomas Aquinas Hall, Darrow Street, Quincy.

Visit the redcross site or call 1-800 redcross to make an appointment. No walk-ins

will be allowed.

For more information contact Eileen Timcoe 617-479-4107 or etimcoe@yahoo.com

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Moments in time

THE HISTORY CHANNEL

• On March 24, 1603, after 44 years of rule, Queen Elizabeth I of England dies. Elizabeth had repealed pro-Catholic legislation, established a permanent Protestant Church of England and encouraged voyages of discovery.

• On March 21, 1871, journalist Henry Morton Stanley begins his famous search through Africa for the missing British explorer Dr. David Livingstone. When Stanley found him on Oct. 27, he stepped forward and stretched out his hand: "Dr. Livingstone, I presume?"

• On March 22, 1893, the first women's college basketball game is played at Smith College in Northampton, Massachusetts. Each made basket counted as one point with the game lasting two 15-minute halves. The game had been invented in 1891 by Dr. James Naismith, with rules for men and women the same.

• On March 27, 1912, in Washington, D.C., first lady Helen Taft and the Viscountess Chinda, wife of the Japanese ambassador, plant two Yoshina cherry trees on the northern bank of the Potomac River, near the Jefferson Memorial. The event was held in celebration of a gift, by the Japanese government, of 3,020 cherry trees to the U.S. government.

• On March 26, 1950, ever on a witch hunt, Sen. Joseph McCarthy charges Johns Hopkins University Professor Owen Lattimore with being a top spy for the Soviet Union. Lattimore's career was ruined, even though no evidence ever surfaced to support the charges.

• On March 23, 1962, Pakistan's governor Ayub Khan gives first lady Jacqueline Kennedy a horse she nicknamed Black Jack. Jackie chose Black Jack to serve as the ceremonial riderless horse during Pres. John Kennedy's funeral.

• On March 25, 1983, during filming of the television special "Motown 25," Diana Ross, formerly of the Supremes, shoves Mary Wilson out of the spotlight. It later had to be edited out. Smokey Robinson stepped in onstage to keep between the two warring Supremes.

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Rosemary

has been
used since

ancient times for many different purposes. Greek scholars often wore a garland of it on their heads to help their memory during examinations. Charlemagne grew it in his royal gardens. The cologne that Napoleon Bonaparte used contained it. Shakespeare mentioned it in five of his plays. A sprig of the herb was often placed with the dead at funerals, and brides wore it at their weddings. - Brenda Weaver

Source: www.herbsociety.org



CASSANDRA GORDON'S Gold Award Girl Scout Project worked to address the lack of education on healthy eating, and how gardening can help to promote proper nutrition. Gordon created a website that contains a curriculum educating young people on the importance of a well balanced diet, along with valuable information on starting an at-home garden. She has also led multiple youth workshops including this one at Pageant Field last summer. *Courtesy Photo*

Cassandra Gordon Earns Gold Award

Cont'd From Page 1

ceived her award last fall. Gordon chose to focus on gardening and healthy eating because she enjoys gardening and wanted to educate people on how to eat healthier.

"I have always loved gardening. I started gardening with this group called Katie's Krops who funded me to be able to run a community garden, so I wanted to do something with that for my Gold Award project. My Bronze Award project was also with that community garden, so it was kind of a logical step for me," she said.

"I wanted to do my Gold Award project centered around the ideas of gardening and to address a problem in our community with healthy eating where many people understand, 'Oh, you're supposed to eat healthy'...but the actual logistics of what vitamins and minerals are actually helping you isn't really taught. So, I made a curriculum to help teach that and I built a website around the curriculum and around other gardening information to help get the information out there."

The website Gordon made can be found online at healthyhomegardening.weebly.com.

"[It] has information about how to start your own garden and other important information for growing a garden. And, it has the curriculum that I made on it

that adults or students could use to help educate youth groups about the benefits of eating healthy and about starting a garden," she said.

"It also has a couple science experiments on it to help encourage youths to learn about growing their own food. And, as part of my project, I distributed this website to a bunch of people and I got one school, The Woodward School for Girls, to actually approve it into the curriculum for the school."

Gordon also led workshops to help educate people in the community.

"I held a couple of workshops with Girl Scouts with younger members where I talked about the benefits of the nutrition and then I did an activity with them that involved the germination of a seed to help show them the process a seed goes through from plants to plates," she said.

"I also did a workshop at the Quincy Farmers Market where I had a table there with information about my project and I talked to the shoppers and I explained my project and handed out cookbooks I made that all had healthy recipes in them."

As she was working on her Gold Award project, Gordon also began her Eagle Scout project, expanding a community garden in Houghs Neck. She had her Eagle Scout board of review in the fall.

"While my Eagle Scout project had to do with gardening, rather than the educational aspect with the website and the workshops...I expanded the community garden I had been working with and led its growth for over a year where we harvested over 200 pounds of produce," she said.

Gordon said her experience in scouting, both Girl Scouts and Boy Scouts, has helped make her a more well-rounded individual.

"I have learned so much from scouting. I have been introduced to so many opportunities that I wouldn't otherwise be able to," she said.

"Through Girl Scouts, I've ridden a horse where we live in Quincy - there's not many horses around here for us to go horseback riding. That was a great experience and I've made some great friends. With Boy Scouts, I've learned how shoot guns, safely and in a controlled environment. That was a lot of fun. We've done hatchet throwing and other more woodsy stuff with them."

"I've just had so many unique experiences with scouting. It's been a great experience and it's prepared me to go on with all the different badges and stuff. I've learned so many different topics that I just feel it has helped me become a more rounded person."

A senior at Quincy High School and a member of the school's robotics team, Gor-

don hopes to earn a bachelor's degree in biochemistry in college and then a master's degree in forensic science. After completing her education, she hopes to work in the Boston Police Department's crime lab.

"In an ideal world, assuming that I am able to continue my education as I want to and assuming I'm accepted to work where I want to, I would love to work at the Boston Police Department crime lab because it is a great facility and its great people," Gordon said.

"And, in the crime lab, you're able to do both lab work and field work...not all police departments have that. I would love to work there, but I don't know where life is going to take me."

Gordon said she has long been interested in forensic science and was able to attend a summer camp for forensic science last year.

"I did a summer camp over last summer with program called the National Student Leadership Conference. It was held in Washington, D.C., and we spent a week learning about forensic science. Over the course of the week we conducted a mock crime scene investigation concluding with a mock trial," she said.

"I've always been interested in it, but that was my first real experience with it, and it was a lot of fun, so I would love to go into forensic science."

Scenes From Yesterday



THIS IS A late 1940s postcard reproduction showing the old Capitol Theater building that was located at 1573 Hancock St. in Quincy Square. One of Quincy's first theaters, it was opened around 1915 to show silent moving pictures and run vaudeville shows. It was known as the Quincy Theater until the end of World War II when it was renamed the Capitol. With its balcony it had 1,382

seats. The theater closed in the early 1950s just before the Korean War and remained boarded up for many years until it was used as part of the old Sears & Roebuck store and later was part of the Quincy Fair Mall. The building was razed in 2010 to make way for the Mayor Walter J. Hannon Parkway.

From the Tom Galvin Postcard Collection

READERS FORUM - More Letters Page 14

Work Together To Spread Knowledge Of Different Pests

Dear Editor:

I have been a resident of Quincy for several years now as well as working in property management in a neighboring town. While many generations of families today are becoming more conscientious toward the treatment and care of our community, there are still many that might not be getting the information and motivation needed to take responsibility for the maintenance of their community.

I woke up one morning to find that my cat had caught and killed a baby rat that had managed to find its way into my home. I started panicking, not understanding how it even got in or why. My house was clean, dishes were not left in the sink too long, and any food was stored in air-tight containers. Despite all those things, a rat still managed to get into my home. As someone who works closely with apartment complexes, there are many individuals who may feel the same way as I did. There are also other individuals who may not realize what attracts pests and the different ways to

try and combat that.

I am asking that we, as a community, work together to spread the knowledge of the different pests that may be found in our area and the various steps families and individuals can take to ensure their homes stay pest-free. Pests can cause so many issues, including but not limited to uninhabitable living spaces and sickness. It is extremely important that we all come together to share knowledge and research and learn to take responsibility for the cleanliness of our community, beginning with one household at a time.

Information from your local pest control businesses can be available with the click of a button and the more knowledge we obtain, the healthier our households and community will be.

Sincerely,

Meghan Jeannetti

Master of Social Work Student
at Bridgewater State University
Quincy

Knows The Difference Between Facts And Fiction

Back in my younger college days, I remember U.S. Sen. Daniel Patrick Moynihan once observed, "There are facts and there are opinions. You can make opinions up but you can't make facts up." I have always agreed with that sage advice.

I think it was back more recently in 2021 when former Mayor Rudy Guiliani observed and was quickly criticized for, as he stated, "There are facts and then there are facts." I found myself agreeing with him, too. Can more than one "fact" be equally valid? On the surface one might say no but in reality, I think too many of us have morphed facts into opinions and opinions into facts. Where to separate fact from fiction seems at times impossible to do.

Ms. Bill's latest letter states that she would not respond to critics and that she needs to explain the difference between opinion and fact to me or others who differ from her viewpoint. I think I am pretty sure I know the difference between facts and fiction pretty well.

Apparently, to Ms. Bill anything that is any action to improve election integrity is ipso facto "voter suppression" but that isn't fact, that's clearly her opinion. Without faith in our electoral system how can we operate as a democratic republic? We need to believe the system is free and fair.

Ms. Bill believes there's nothing to see with various states trying tightening their local election rules. That isn't voter suppression no matter how much you believe it is. The state of Georgia is attempting to reform its election laws. Even under the reforms being considered, none suppress anything.

I do not need to be lectured by anyone who disagrees

with me. The writer in question believes her opinions are based on facts. I do too. However, we can disagree on what we see based on the facts as we see but sometimes facts have a funny way of showing themselves to us as individuals.

I have never stated a belief that the 2020 election was rigged in favor of Joe Biden because I can't prove that as a certain fact. All I believe is that the election results in several battleground states had a stench to it and as a result legislators in several of those states are trying to reform the way they register to vote, run the election process and accurately count the vote. Ms. Bill can disagree with me but that doesn't make her right.

I believe in the right of every legally registered voter to vote. I greatly encourage all voters to vote because that is how our democratic republic works for the whole of the people in America. It shouldn't be a partisan Democrat or Republican issue. Government is our business. Either we run it or it runs us.

In conclusion, I commend the folks behind "Quincy Votes!" whose mission is to increase voter turnout and civic engagement. Being an active citizen is more than just voting, it is about getting involved in the politics of your community. Our vote does matter. That can't be an excuse to not vote. We must engage within our community and realize everything isn't just about us but our communities as a whole.

Kudos to Susan Bill, Edward Spring and Thomas O'Brien for all being politically aware of the issues we face everyday where we live. Actions always speak louder than words.

Sal Giarratani
East Boston

Quincy's Yesterdays

This Week
1990
32 Years Ago

Budget Almost Finished; Layoffs Could Reach 117

The city will likely lose 117 workers from the school, fire and police departments during the fiscal year 1991, which begins July 1, Mayor James A. Sheets said.

The layoffs represent nearly 6% of the city's 2,000-employee workforce.

The school department is planning to lay off 52 people including 40 teachers.

Acting Police Chief Paul Nestor said the 201-member force would be reduced to 194 through retirements. Five civilian jobs will also be cut. Fire Chief Paul O'Connell said his department would likely lose 21 men, including 15 to 18 firefighters.

The completed budget is expected to be \$121 million.

Most city officials are blaming Gov. Michael Dukakis, who, they say, has mismanaged the state.

PROPERTY VALUATION FIGURE CERTIFIED

Real estate and personal property valuations for the city's fiscal year 1990 tax bills have been certified by the Commonwealth's Department of Revenue "as full and fair," this according to the Commissioners' certification standards.

Since the city was last certified by the DOR, as of January 1986, the city's assessments as of July 1, 1989 now satisfy FY90 requirements under state law.

Elmer (Mike) Fagerlund, chairman of the Board of Assessors, said the process would enable the city to set FY90 tax rates following a classification public hearing scheduled for March 19 at 7 p.m. in the City Council Chamber.

QUINCYISMS

The Lincoln-Hancock Community School was offering scholarships to high school seniors who graduated from the school and were planning on attending college... **Charles Ryder**, owner of Ryder's of Quincy, was elected president of the Quincy Center Business and Professional Association. He succeeds **Robert Colman**, of Colman's Sporting Goods Store. Other officers included **Richard P. Barry**, first vice-president, **Beth Ann Streng**, second vice-president and **Roger Perfetti**, treasurer... QCTV Channel 3 presented a panel discussion on "Alzheimer's Disease"... **Mayor Sheets** named a number of city officials a Household Hazardous Waste Committee. The committee included **Ward One Councillor Peter V. Kolson**, **Executive Secretary Thomas Koch** and **John Menz** of the Fire Department... Quincy officials were on hand to open the Quincy Hospital's new Emergency Walk-In Center. They included **Daniel Dunn**, a member of the Hospital Board of Managers, **Bernice Mader**, representing Mayor Sheets, **Carol Herbai**, president of the Women's Auxiliary and auxiliary member **Vera Casey**. Also in attendance was **Ellen Zane**, acting hospital director... The Quincy Visiting Nurse Association celebrated its 85th anniversary at the Quincy Neighborhood Club. **Loretta LaRouche** provided the entertainment... **Thomas P. Koch**, director of the Koch Club, announced that scholarship applications were available from the Guidance Officers at the three Quincy High Schools. The Koch Club Scholarship program was started by the late Richard J. Koch, Sr., and offers scholarships to a male and female graduate of North Quincy High School... **Kevin C. Delorey**, 49 Harriet Ave, Montclair, was named to the Dean's List at the University of Lowell. Mr. Delorey was a senior majoring in Health Education... Hibernia Savings Bank, 731 Hancock St., was advertising adjustable rate mortgages "One-Year Adjustable Rate Mortgage APR 10.76% & Three-Year Adjustable Rate Mortgages APR 11.14%"... **Mayor James Sheets** announced the re-appointments of three members of the Rent Grievance Board. Named to the three-year terms were **Elinda Lipsitz**, chairperson, **Edward Flavin** and **Jane Reikard**, the board's executive secretary... The Quincy Elementary Schools' lunch menu for March 19 included: Italian pizza with tomato sauce topping, fruit juice, chocolate chip cookie and milk... **The Rev. J. William Arnold**, senior minister of Bethany Congregational Church, will deliver the sermon on the third Sunday of Lent. His topic "The Cross Is For Losers"... **Michael Bolduc**, student minister of the Quincy Congregational Church, will preach on "Blessed Are Those Who Are Persecuted"... **Thomas F. Wilson**, son of Mr. and Mrs. Frederick Wilson of 125 Highland Ave, Wollaston, was promoted to the Air Force rank of colonel. Colonel Wilson was stationed at Hurlburt Field, Florida.

Granite's 'Saving By Shaving' Raises \$5M For Boston Children's Hospital

600 Take Part
In Event;
\$47 Million
Raised Over
Nine Years

Granite Telecommunications, a \$1.7 billion provider of communications services to multilocation businesses and government agencies, announces that more than 600 people shaved their heads in the 9th annual "Saving by Shaving" event, raising \$5 million for Boston Children's Hospital and bringing the total raised in the history of the event to \$47 million.

Saving by Shaving proceeds support Boston Children's mission of unmatched care and world-changing science and commitment to healing children, helping families, and fueling lifesaving research for every child, putting kids from around the world on the path to a healthier, more promising future.

Granite CEO Rob Hale, along with Granite teammates, families and friends, were joined by community leaders, celebrities and athletes, including Gov. Charlie Baker, Mayor Thomas Koch; Patriots stars Mac Jones, Matt Light, David Andrews, Joe Andruzzi and Kyle Van Noy; radio personality Greg Hill; and Boston-native and chef Paul Wahlberg.

"I am ecstatic to host this special event in person once again," said Hale. "We have faced down tremendous challenges since the start of the pandemic, but our sense of community has grown stronger to overcome that adversity. Today's support for Boston Children's Hospital is a testament to the grit and spirit of this company and our community in appreciation for the work that Boston Children's Hospital does for children here in Boston and throughout the world."

"Granite is truly having a lifesaving impact for so many at Boston Children's Hospital, through their an-



GRANITE TELECOMMUNICATIONS CEO Rob Hale (far left) with (left to right) David Andrews (New England Patriots), Matt Light (New England Patriots), Boston Children's Hospital President and CEO Kevin Churchwell, Gov. Charlie Baker, Mayor Thomas Koch, Mac Jones (New England Patriots) and Joe Andruzzi (New England Patriots) at the check presentation for the 9th Annual Saving by Shaving event March 1. Photo courtesy of Granite Telecommunications

nual Saving by Shaving event. The funds they raise help advance research in pediatric cancer and give kids in our care hope and healing," said Kevin Churchwell, president and CEO of Boston Children's Hospital. "So many families come to Boston Children's looking for answers and help. Thanks to Rob Hale and his team at Granite, families find answers, compassionate care and a second chance at life."

In the past nine years, more than 10,000 people have participated in the "Saving by Shaving" event by shaving their heads and donating their hair, raising more than \$47 million for charitable organizations.

For each person who shaved their head or donated at least 8 inches of their hair, Granite donated \$2,500, which was matched dollar for dollar by the Hale family, for a total of \$5,000 per head to pediatric research and treatments for The Every Child Fund at Boston Children's Hospital.

Additionally, all locks of hair will be donated to Hair We Share, which creates custom wigs free of charge

for those affected by medical hair loss.

Plus, a donation of \$100 was made for every "chemo cap" (a hat for cancer patients who've lost hair due to chemotherapy) created by the Granite Fiber Art's team. This year the team handcrafted 225 hats for children and adults, for a running total of 2,684.

The "Saving by Shaving" event also was supported by Granite's business customers and local businesses, such as:

- Dunkin Donuts, which provided coffee and breakfast for the volunteers and barbers/stylists and Lamberts, which provided lunch.
- Professional barbers and stylists, who donated their time and expertise.

The "Saving by Shaving" event was closed to the general public, but Granite encourages like-minded individuals to support funding for pediatric cancer research by donating to Boston Children's Hospital.

Granite's annual "Saving by Shaving" fundraiser began seven years ago when CEO Rob Hale jokingly dared a member of his team to shave his ZZ

Top-style beard in exchange for a \$1,000 donation to a cancer hospital. Over the next two weeks, hundreds more Granite teammates reached out to Hale asking for the same opportunity to raise funds and shave their heads or beards in solidarity with those undergoing chemotherapy. From there, 428 teammates turned out at Granite's first "Saving by Shaving" event and raised more than \$2.2 million to benefit cancer research.

The "Saving by Shaving" event is also supported by Granite's business customers and local businesses, including professional barbers and stylists who will donate their time and expertise.

- Hairplace One

- Salon Matteo
- Paul's Barber Shop
- Salon Persona
- SuperCuts
- The Cuttery
- 1604 Salon & Spa
- Shear Excitement
- Great Cuts
- At Ease Barbershop

Boston Children's Hospital, the primary pediatric teaching affiliate of Harvard Medical School, is home to the world's largest research enterprise based at a pediatric medical center. Its discoveries have benefited both children and adults since 1869. Today, more than 3,000 scientists, including 8 members of the National Academy of Sciences, 17 members of the National Academy of Medicine and

12 Howard Hughes Medical Investigators comprise Boston Children's research community. Founded as a 20-bed hospital for children, Boston Children's is now a 415-bed comprehensive center for pediatric and adolescent health care.

Hair We Share was formed in 2014 and is supported by over 40 years of experience in custom design for wigs and hair pieces. We are extremely proud to say that Hair We Share is rapidly making a mark in the medical related hair loss communities, improving lives and restoring the confidence of men, women and children throughout the USA. For more information, visit <https://hairweshare.org/>

Time For Tennis Conditioning

Cont'd From Page 2

rise slowly to a standing position. Repeat 10-15 times.

These seven resistance band exercises should be effective for tennis-specific muscular conditioning. However, you may also want to do some regular aerobic activities (jogging, indoor cycling, indoor rowing, etc.) for a tennis-ready

cardiovascular system. A moderate effort, 20 to 30-minute exercise session, 2 or 3 days a week should be sufficient for recreational tennis preparation

Wayne L. Westcott, Ph.D., is Coordinator of the Quincy College Exercise Science Department and the College/Community Fit-

ness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne has been a strength training consultant for all 5 United States military forces and for 6 NFL football teams.

Quincy Pride, Inc. To Award Scholarships

Quincy, Pride, Inc. is a volunteer non-profit/501(c)(3) organization that promotes LGBTQ+ inclusion, equality, and respect through annual events in the City of Quincy and the neighboring South Shore communities.

Quincy Pride has hosted the annual "Q Pride Day" festival on the first Sunday of every June, at Pageant Field, since 2018. As part of Quincy Pride mission this scholarship program is one example of the organization's commitment to give back to the community.

Quincy Pride will award four (4) graduating seniors (two (2) from each high school) that exemplify its values with \$500 scholarships toward their higher education and/or future endeavors. Students who identify as LGBTQIA+ and/or are allies, who work towards making Quincy and the

South Shore a more inclusive community are encouraged to apply.

Email a 500-word statements demonstrating why you think you are the best candidate deserving of one of Quincy Pride's high school scholarships. Statements are to include LGBTQIA+ efforts performed toward promoting equality through activism and influence in the community. Students should also highlight any efforts planned to further contribute to this type of work within their respective higher education paths.

Applications are to be emailed to scholarships@quincypride.com by April 29, 2022.

Award criteria: Students must have a B average and should be available on June 5, at Q Pride Day festival to be acknowledged during Quincy Pride Day 2022.

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Movie Review: 'Dog'

By BOB GARVER

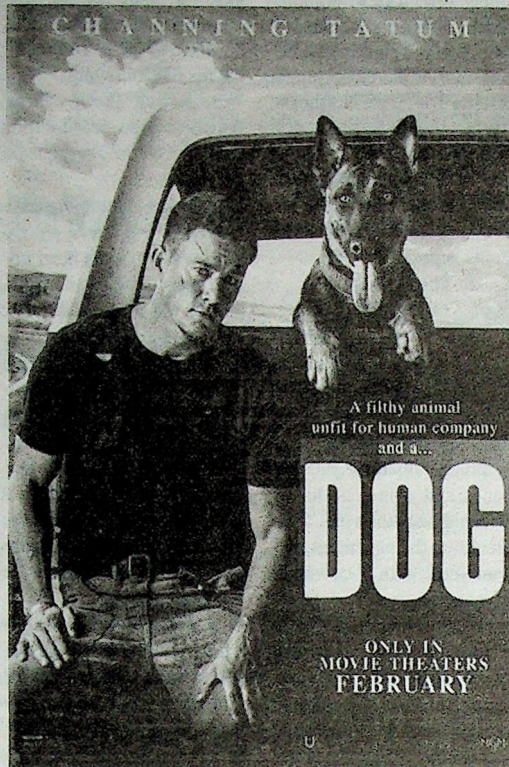
It is said that actors should never work with children or animals or they'll be upstaged. This is most definitely true of star/co-director Channing Tatum in "Dog."

But the good news is that the dog is so great that there's plenty of room for Tatum to shine under his canine co-star. There's no shame in Tatum being #2 to this dog, just like there's no shame in "Dog" being #2 to "Uncharted" at the domestic box office for the second weekend in a row. That movie had over \$100 million more in its budget, plus a ton of other advantages. Though if I had my way, "Dog" would be the better performer of the two.

Tatum stars (well, he's the human star) as Briggs, a broken-down former Army Ranger. He suffers from PTSD, he never sees his daughter, he works a dead-end job in fast food, and he can't even bother to get his military ID updated. He's one recommendation away from a job that pays \$200K a year, but he's not going to get that recommendation given his array of injuries and mess of a personal life. On top of everything, a fellow Ranger named Rodriguez just died under particularly saddening circumstances.

Briggs is made an offer: transport Rodriguez's partner Lulu, a Belgian Malinois, from Washington to the funeral in Arizona and he'll get the recommendation he needs. The challenge is that Lulu also has PTSD and is super-needy and aggressive. She's so out of control that immediately following the funeral Briggs is to take her to another base to have her put to sleep. He isn't crazy about either part of the assignment, but the reward is too great to pass up.

And so the pathetic mangy mess of a creature goes on a lengthy road trip with Lulu in tow. Briggs is so irresponsible that his first stop is a gun range – with



a dog with PTSD that can clearly hear gunfire from the car. Lulu destroys her cage and chews up much of the vehicle. Briggs is shocked by this behavior, but he should really only be shocked that he was issued such a lousy cage by people who know the animal's capabilities.

Other adventures include a kidnapping by a pair of hippies (Kevin Nash and Jane Adams), a disastrous attempt to pick up women in Portland, an unsuccessful visit with Briggs' daughter, a successful visit with Lulu's brother, a stormy night spent watching "Grey's Anatomy" in a tool shed, and a problematic attempt to score a free hotel room in San Francisco by pretending to be a blind man and his service animal.

The pair probably could have gotten special treatment just by both being Army veterans, but Briggs has to be greedy. In the aftermath of this scene, I couldn't help but wonder if someone could take Lulu to the funeral while Briggs deservedly rots in jail for

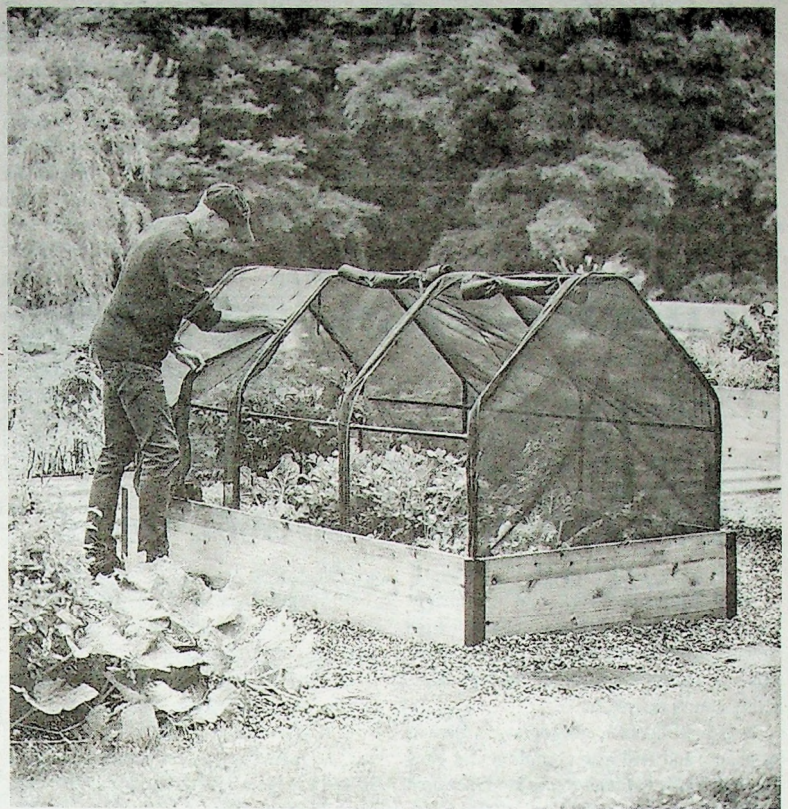
fraud (though maybe not for a hate crime – long story), but this is a movie about dual redemption, so man and beast will either make it to the funeral together or not at all.

I'm no dog person, and I strongly disapprove of some of Briggs' choices throughout the journey, but I was surprised by how much I liked this movie overall. The tone varies wildly, but that's because the characters are so wild (some would say "reckless") that the subject matter can change in an instant. As a result, the movie has both light and heavy scenes that it pulls off very well without forced transitions. I mentioned earlier that neither Tatum nor the film's box office should be ashamed of being #2. I believe I'll give "Dog" the #2 letter grade.

Grade: B

"Dog" is rated PG-13 for language, thematic elements, drug content, and some suggestive material. Its running time is 101 minutes.

Contact Bob Garver at rrg251@nyu.edu.



PLANT PROTECTION TENTS protect plants from cold and wind, animals, and insect pests. Photo courtesy Gardener's Supply Company/gardeners.com

Boost Your Garden's Harvest While Reducing Pest Problems

By MELINDA MYERS

Boost this year's harvest and reduce pest problems with less effort, while being kind to the environment. Employ row covers, chicken wire cloches and crop cages to prevent damage without the aid of chemicals.

Floating row covers of spun-bonded or woven materials let air, light, and water through to the covered plantings. The warm air that is captured protects the plantings from frosty temperatures. The coverings also prevent birds from dining on newly planted seeds and eliminate damage by certain insects like flea beetles, onion maggots, seed corn maggots, and leafhoppers that may infect lettuce, celery, and carrots with aster yellows disease.

Cover susceptible seeds and transplants at planting to prevent the insects from reaching the plants. Insects like flea beetles and onion and seed corn maggots overwinter as adults in the soil near the previous season's planting. Move susceptible plants to a different part of the garden to avoid trapping the insects under the row cover with their favorite food source.

Double the benefit with less effort by planting short

season radishes with long season cole crops such as cabbage, broccoli, and cauliflower. Harvest the radishes as the larger vegetable plants need the space. This will provide two harvests from one row. The row cover eliminates problems with root maggots on radishes, cabbage worms on cole crops, and rabbits from dining on them all.

Basil and beans are favorites of Japanese beetles. Cover these at planting and since they do not need pollination to enjoy the harvest, leave the fabric in place throughout the season. Just lift to harvest and replace.

Cover squash at planting to prevent birds from dining on newly planted seeds and to reduce the risk of squash vine borer and squash bugs. The fabric prevents these insects from accessing the plants. Remove the covers when flowering begins to allow pollinators access to the blossoms.

Don't use row covers when planting squash in the same location as the previous year. Since squash vine borer insects will overwinter in the soil near the squash plants, the row cover will trap the insects and provide easy access to the plants. Continue to monitor for these pests throughout the remainder of the season.

Loosely drape the row cover fabric over the planting and secure the edges with boards, pipes, stones, or landscape pins. Commercial setups like the 3-Season Plant Protection Tent include a framework and fabric covers, making it easy for gardeners to cover

and access the plantings. Systems like this include two covers; one to protect plants from cold and a second lighter weight fabric for preventing insect damage during the warmer growing season. Reuse the fabrics as long as they remain intact.

Self-supporting mesh enclosures like Pest Control Pop-Ups (gardeners.com) are another option for protecting plantings from insects, birds, and animals. Look for products like this that are simple to install and fold flat for easy storage when not in use.

Finer mesh products keep out insect pests while larger mesh wire covers protect plantings from birds and animals, including hungry squirrels dining on greens and ripe tomatoes. Various sizes and designs provide coverage for individual plants, raised beds and berry bushes.

Make this the year to be proactive at preventing and minimizing pest damage throughout season without the use of chemicals. Your efforts will be rewarded with a bountiful harvest.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

Seven Quincy Students On Xaverian Honor Roll

Seven students from Quincy have been named to the honor roll for the second marking period at Xaverian Brothers High School in Westwood.

The Xaverian Brothers High School honor roll has three designation levels:

-Ryken Honors indicates all marks are A- or above

-First Honors indicates all marks are B or above

-Second Honors indi-

cates all marks are B- or above.

Quincy students named to the honor roll are:

James Burke, 12, Ryken Honors; Aidan Fleming, 12, First Honors; Kastriot Panariti, 11, First Honors; Nicholas Cerone, 10, First Honors; Thomas Mantville, 10, First Honors; Michael O'Callaghan, 11, Second Honors and Emmett Gur-

witch, 10, Second Honors.

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AAA: Drivers Pay \$26.5 Billion In Related Pothole Vehicle Repairs

Americans battling the polar vortex will soon face a greater enemy—pothole season. A new survey from AAA found that last year 1 in 10 drivers sustained vehicle damage significant enough to warrant a repair after hitting a pothole. With

an average price tag of almost \$600 per repair, damage caused by potholes cost drivers a staggering \$26.5 billion in 2021 alone.

To make matters worse, these same drivers often ended up with an average of two pothole-related repairs

signaling that America's roadways need immediate attention. As states receive an influx of funds from the Infrastructure Investment and Jobs Act, AAA urges government officials and departments of transportation to focus on improving

road conditions, prioritizing those areas most in need of repair.

"In many parts of the country, winter roads will likely give way to pothole-laden obstacle courses," said Mary Maguire, Director of Public/Government Affairs for AAA Northeast. "When a vehicle hits a pothole with any kind of force, the tires, wheels and suspension get the brunt of the impact and fixing any of those items is pricey."

The Pothole's Origin Story

Cracked and crumbling pavement is the perfect environment for potholes to form. Moisture collects in these crevices and as temperatures fluctuate, it expands and contracts due to freezing and thawing. This breaks up the pavement and, combined with the weight of passing cars, eventually results in a pothole. These concrete craters can wreak havoc on a vehicle's tires, alignment, suspension and shocks. In the winter and spring of 2021, AAA responded to 1.8 million tire-related roadside assistance calls. While AAA does not identify if a roadside assistance request is the result of pothole damage, this number represented 11% of the total calls received in the

winter and spring last year.

How to Save Your Car and Your Wallet from Pothole Damage

While potholes are a reality for many drivers, sustaining vehicle damage does not have to be. AAA recommends the following:

- **Check Your Tires**, which includes tread depth, tire pressure, suspension and alignment

- o Tread depth—insert a quarter into the tread groove with Washington's head upside down. If you can see the top of Washington's head, start shopping for new tires.

- o Tire pressure—check this at least once a month using a quality gauge. Do so before driving when tires have been at rest and are not hot. Follow the vehicle manufacturer's recommended inflation pressure found on a sticker inside the driver's side door.

- o Suspension and Alignment—look for changes in vehicle handling, excessive vibration or uneven wear of tires, all indications of a problem with the suspension like alignment or shocks. If your vehicle pulls to the left or right, have the wheel alignment checked by a trusted mechanic.

- **Keep Your Eyes on the Road**, an alert and cautious driver is less likely to hit a

pothole

- o Scan the road ahead for potholes and if it's safe to do so, drive around any in your path.

- o Standing water or puddles may disguise a deep pothole. Avoid driving through standing water when possible but if you can't, drive through slowly and treat them as though there may be potholes hiding beneath the water.

- o There may be times when you cannot avoid hitting a pothole. In that case, safely reduce your speed as much as possible and avoid braking abruptly, particularly as you go over the pothole as this compresses your suspension and adds extra force to the tire. Striking a pothole at higher speeds increases the chance of severe damage including knocking the wheels out of alignment, affecting the steering, and bending or even breaking suspension components.

- o If you hit a pothole, pay attention to any new or unusual noises or vibrations. If you detect something is off with your vehicle, take it to a trusted repair facility for a full vehicle inspection as soon as possible. You can also consider purchasing wheel and tire protection for your vehicle for additional security and savings.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Jean's Delicious Irish Soda Bread

By MARIE

With St. Patrick's Day upon us I thought I would share this delicious recipe for Irish Soda Bread from my niece, Jean. She bakes this bread all of the time and said it consistently comes out great.

It is a wonderful, not-too-sweet dessert or snack, and will also compliment a New England Boiled Dinner Recipe too (see next recipe)!

Directions and Ingredients:

Pre-heat oven to 375 degrees; use cooking spray to coat a cake pan

- 4 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 4 tablespoons unsalted butter cut into small pieces
- 1 3/4 cup buttermilk (make sure you shake it before you pour it)
- 1 large egg
- 1 and 1/4 cup raisins
- cooking spray

Directions:

1. Preheat oven to 375 degrees and coat round pan (like a cake pan or a springform pan) with cooking spray
2. Put flour, sugar, baking soda, and salt in a bowl and combine
3. Add the butter pieces to the bowl and use two forks (or a pastry blender) to blend the butter pieces into the flour mixture until coarse crumbs form.
4. Stir the raisins into the flour mixture.
5. Add the egg and the buttermilk to the flour mixture and stir until dough forms. It will be stiff.
6. Place the dough on a floured surface dusted with some flour. Shape the dough into a ball. The dough will be sticky so add a little flour to your hands.
7. Place the ball of dough into the prepared pan. Use a sharp knife to cut an X into the top of the ball of dough.
8. Bake for 45-50 minutes or until golden brown and a toothpick comes out clean when inserted into the center.
9. Cool on a wire rack for at least 10 minutes.

New England Boiled Dinner

By MARIE

Oftentimes, when I have cooked New England boiled dinner, I have used the combination of smoked shoulder, which I think yields the tastiest ham, and a 2 to 3 pound of beef. The two of these enhance the flavor of the soup and most restaurants, when serving the dinner, do not include the delicious soup but simply serve the ham along with its vegetables.

But my family always uses a big bowl with the soup and meat in it. Or you could serve the soup on the side.

When my daughter, Ann Marie, makes her boiled dinner, she makes a smoked shoulder in one big pan and corned beef in another and everyone is so pleased to have one or both.

Ingredients and Directions

5-to-6-pound smoked shoulder

2 to 3 pounds of beef (I used bottom or top of the round but any beef will do)

4 medium potatoes cut in quarters (You can also use sweet potatoes along with them.)

1 large head of cabbage cut in quarters

- 1 large onion cut in half
- 4 large carrots cut in half
- 1 turnip
- Salt and pepper

Fill a large pan with water add the smoked shoulder, beef, onion, salt, pepper and cook covered for 1 to 2 hours depending on the size of the meats.

At this point, take the meats out of the pan and keep them in a warming oven now add all of the vegetables and cook until tender.

Serve hot.

Spinach Turkey Meatballs

By SUSIE

Here is another recipe that is tasty and "green" — just in time for St. Patrick's Day. These are super easy and really delicious. Great for those picky eaters too. You can not taste the spinach.

SPINACH TURKEY MEATBALLS

- 1 lb organic ground turkey
- 1 cup fresh spinach
- handful of fresh parsley, chopped fine
- 1 organic egg
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt

- 1/2 tsp black pepper
- 1/2 tsp cumin

Instructions

1. Preheat the oven to 350
2. Place the spinach and olive oil in food processor and process until pulverized.
3. Mix everything in by hand until well combined.
4. Scoop 1 to 2 Tbsp of meat dough, roll into balls and place on a baking sheet lined with parchment paper.
5. Bake for 20 minutes, or until turkey is cooked through.

Serve with your favorite sauce.



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City Recognized As Model Community At Two National Conferences

The City of Quincy was recently recognized as a model community at two separate national conferences. All three of the city's community development planners gave presentations at the conferences.

Sherry Zou, who is the city's Housing Programs manager, spoke at a grant-

ee orientation conference, hosted by the U.S. Dept. of Housing and Urban Development's (HUD's) Office of Lead Hazard Control and Healthy Homes. Zou was asked by HUD to speak at the conference because Quincy has been one of few cities across the country that has been able to meet

its quarterly benchmarks under its lead paint abatement program, despite the challenges brought on by the COVID-19 pandemic. During her presentation, Zou talked about the lessons learned and strategies used by the city to keep the program thriving. HUD encourages other communities with lead abatement grants to follow Quincy's example in administering their own programs.

Melissa Pond, senior principal planner, and Sean Glennon, Community Development director, both gave presentations at the National Community Development Association's (NCDA's) annual Winter conference. Pond gave a presentation on communications access, while Glennon gave a presentation on communicating with Congress. Both speakers were selected by NCDA for their dem-

onstrated experience with these topics.

"I am very proud of Sherry, Melissa, and Sean for putting the city in a position to be considered a

model community when it comes to these issues," said James Fatseas, Planning Director. "We have a truly phenomenal community development team."

Sam Sit On Dean's List At Rochester Institute

Sam Sit of Quincy has been named to the Dean's List for the fall semester at Rochester Institute of Tech-

nology in Rochester, N.Y. Sit is in the computing and information technologies program.

Social Security Matters

I'm Confused About Taking Medicare And Social Security

By RUSSELL GLOOR

National Social Security Advisor

at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: I just turned 64 and now get stuff about Medicare and Medigap and so on. I really don't know how to retire when it's time. What should I do? What am I looking for? Am I eligible for anything as of now? I'm so confused about all this that I don't even know if I can retire when it's time. Maybe I should just continue working so I don't have to try to figure this out. **Signed: Confused**

Dear Confused: Deciding when to retire from work is usually a difficult decision for everyone, so don't feel alone as you struggle with deciding what's best for you personally. I'll try to provide some insight into what you should be looking at now, at age 64:

The reason you're now getting all that unsolicited information about Medicare and "Medigap" is because you're approaching the magic age of 65, when you first become eligible for those senior healthcare services. But if you are still working and now have "creditable" healthcare coverage from your employer, you don't need to enroll in any Medicare plan until your employer coverage ends (If your employer healthcare coverage is a group plan with at least 20 participants, that coverage is "creditable"). So, if you plan to continue working and have creditable healthcare coverage, you can simply ignore all those healthcare solicitations. You don't need to worry about enrolling in Medicare until your creditable employer coverage ends, at which point you will be able to enroll in a Medicare program without incurring a late enrollment penalty.

You also do not need to apply for Social Security now (or at age 65) - you can wait until you retire from working full time to apply for Social Security. In fact, you probably should wait until you fully retire from working to claim Social Security, because at age 64 (or 65) you will be subject to Social Security's "earnings test" if you claim SS benefits. The earnings test limits how much you can earn before Social Security takes away some of your benefits and, if your earnings are high enough, it could even disqualify you from getting SS benefits while you are still working. Social Security's earnings test applies until you reach your full retirement age, which is 66 years and 6 months. If you claim Social Security before that and exceed the annual earnings limit (\$19,560 for 2022), SS will take away benefits equal to \$1 for every \$2 you are over the limit. So, if you're working full time and plan to continue that, waiting to apply for Social Security would be prudent. Delaying Social Security would also mean a higher benefit when you later claim because your benefit will grow for as long as you delay (up to age 70). And although you will become eligible for Medicare when you turn 65, if you're still working and have creditable healthcare coverage from your employer at that time, you can defer enrolling in Medicare until your employer coverage ends.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

With Fewer Drivers On The Road During COVID, Why The Spike In Fatalities?

AAA Foundation Research Finds High-Risk Young Men Were a Larger Share of Those Who Drove More

As the COVID-19 pandemic swept across the country, it led to fewer drivers on the roads and a significant reduction in the number of miles driven. And yet, U.S. government data shows traffic fatalities have surged, along with an increase in crashes involving impairment, speeding, red-light running, aggressiveness, and non-seatbelt use, to its highest level in over a decade.

To understand the rise in dangerous driving behaviors, the AAA Foundation for Traffic Safety examined whether the pandemic changed the composition of drivers on the road. It found that while most drivers reduced their driving during the pandemic, a small proportion actually increased their driving. Making matters worse, those who increased their driving appeared to be riskier than average, even after accounting for their age, gender, and how much they drove.

"AAA's research finds that higher-risk motorists accounted for a greater share of drivers during the pandemic than before it," said Mary Maguire, AAA Northeast Director of Public/Government Affairs. "Safety-minded individuals drove less, while many who increased their driving tended to engage in riskier behaviors behind the wheel."

The Foundation's new research finds while only a small percentage of drivers (4%) increased their driving due to the pandemic, they were younger and disproportionately male—a statistically riskier driver group than the average population.

In addition, those who increased their driving during the pandemic were more likely to report engaging in the following risky driving behaviors in the previous 30 days: (see chart)

Percent of Drivers who Engaged in Various Risky Behaviors in the 30 Days Before the Survey (October-November 2020)

Behaviors in 30 Days Before Survey	People who Increased Driving During Pandemic	People who Did Not Increase Their Driving
Speeding 10+ mph over Speed Limit on a Residential Street	51%	35%
Reading a Text	50%	33%
Red-Light Running on Purpose	45%	25%
Changing Lanes Aggressively	43%	20%
Not Wearing a Seatbelt	21%	12%
Alcohol-Impaired Driving	13%	6%
Driving After Cannabis Use	13%	4%

The COVID-19 pandemic and its associated restrictions have significantly affected travel behavior and traffic safety in the United States. According to the Foundation's newest American Driving Survey, during the early months of the pandemic, the average daily number of driving trips made by U.S. adults decreased by an estimated 42% in April 2020, rebounded slightly, and then leveled off in the second half of 2020 at 2.2 daily trips, roughly 20% below the 2.7 daily trips in the second half of 2019.

And yet, when the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) released its 2020 traffic fatality data, it found an estimated 38,680 people died in vehicle crashes—the largest number of fatalities since 2007. This represents an increase of about 7.2 percent compared to the 36,096 deaths reported in 2019. And the surge in fatalities continues, with NHTSA's new data for traffic fatalities for the first nine months of 2021, finding that an estimated 31,720 people died in crashes from January through September 2021, an increase of approximately 12% compared to the first nine months of 2020.

The increase in traffic fatalities is not a worldwide occurrence. Road deaths have been reported to be lower in almost all other high-income countries since 2019.

"Despite safer roads, safer vehicles and stronger traffic safety laws on the books, the U.S. has witnessed more, not less death on our roadways even at a time when other nations saw dramatic drops," said Ms. Maguire. "What is absolutely clear to AAA is that it will take new action to get us closer to zero traffic deaths."

AAA is a strong supporter of adopting The Safe System Approach (SSA) to roadway safety. The SSA uses cur-

rent effective countermeasures to create multiple layers of protection for transportation network users, rather than responding reactively only after there is evidence of a specific safety problem. For example, the U.S. needs to use better methods to determine posted speed limits rather than more common and outdated approaches. Other countries have leveraged SSA to curb traffic deaths—47% (Australia) and 80% (Spain).

For drivers, AAA recommends these safety tips to keep in mind:

- **Obey speed limits.** Drivers tend to overestimate the time saved by speeding. You'd have to travel 100 miles to save roughly 5 minutes, moving at 80 mph instead of 75 mph. Speed kills and isn't worth the cost. And recent AAA Foundation research shows that small speed increases were enough to raise a driver's risk of severe injury or death.

- **Only drive sober.** If you consume marijuana, alcohol, or use potentially impairing prescription medications, then don't drive. And if you're going to drive, don't consume these substances.

- **Out of sight, out of mind.** Stow your smartphone away, turn it to airplane mode, or activate call/text blocking features like Apple's Do Not Disturb.

- **Buckle Up.** Properly wearing a seat belt is the single most effective thing you can do to protect yourself in a crash. Wearing a seat belt reduces the risk of serious injury or death in a crash by up to 50 percent.

- **Stay Cool.** AAA encourages drivers to maintain a cool head and focus on reaching their destination safely. If you encounter a dangerous driver, maintain space around your vehicle and contact 9-1-1 if needed.

On Thursday, Feb. 24, at approximately 4:10 a.m., Officer Walker was working an overnight shift (12 a.m. - 8 a.m.). While monitoring traffic in the area of the Quincy Adams MBTA station parking lot his attention was drawn to a black Hyundai sitting in the parking lot.

After a few minutes, the vehicle began to exit the parking lot. Officer Walker conducted a random query of this vehicle which came back stolen out of Brockton. The vehicle then took a right onto Burgin Parkway and headed north bound. Officer Walker notified Quincy Police dispatch.

Officer Walker followed the vehicle at a safe distance until other units arrived in the area to assist. Once multiple Quincy Police units arrived in the area to assist, Officer Walker attempted a motor vehicle stop at McGrath Highway and Miller Stile Road, activating his emergency blue lights and sirens. The vehicle then took off at a high rate of speed.

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer

Quincy Police Department

Officer Walker followed the vehicle at a safe distance. As the vehicle approached the intersection of Southern Artery and McGrath Highway, the operator of the vehicle attempted to maneuver through the intersection. The operator lost control and hit a cement wall, eventually coming to a complete stop in the TD Bank parking lot. The vehicle suffered heavy front end damage and the airbags deployed.

The driver of the vehicle took off running in the direction of Field Street. The passenger, a 14-year-old male, was placed into handcuffs. He was transported to Quincy Police

station where he was to be booked for receiving stolen property (motor vehicle). However, at booking, the 14-year-old complained of hip pain. He was transported to the hospital and eventually released to his mother.

Officer Walker chased the operator, making his presence known by stating "Quincy Police" multiple times. Officer Walker advised the operator to stop and that he was under arrest. The individual refused to stop and continued on foot into the Quirk Ford parking lot, where he was eventually apprehended.

The 14-year-old male driver was also transported to a local hospital for medical evaluation. He is being charged with wanton/malicious destruction of property, receiving stolen property, resisting arrest, failure to stop for police, unlicensed operation, reckless operation of a motor vehicle, and leaving the scene of property damage (Ch.90 S24).

Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, FEB. 25

VANDALISM/PROPERTY (slashed tires), 4:47 a.m., Copeland Street. Reporting party states that she parked in a parking lot across from her home due to the snow emergency, and when she went to check on her car, she noticed another vehicle blocking her in and tires slashed. Reporting party called back and states that the party left a note on the windshield stated "stop parking in my parking spot." Reporting party gave license plate of car blocking her. Report to be filed.

SATURDAY, FEB. 26

BREAKING AND ENTERING/ATTEMPT (past), 2:19 p.m., Wayland Street. Happened last night. Got up around 3 a.m. saw a party trying their side door. Report.

SUNDAY, FEB. 27

LARCENY (flagged down), 12:33 a.m., Hancock Street. Unit was flagged down by party looking to report an incident. Communications reached out to suspect requesting property to be returned. Called twice and left a message. Report to file.

ASSAULT AND BATTERY (female crying), 11:41 p.m., Copeland Street. Female is crying and has blood on her hand. Reported by employee. Employee put her on the phone hard to understand states someone took her bag and phone. Brewster.

MONDAY, FEB. 28

LARCENY (catalytic converter), 8:31 a.m., Granite Street. Case number given to reporting party for larceny of converter.

BREAKING AND ENTERING/PAST (past), 9:29 a.m., Quadrant Circle. Caller reports he went to feed cats today and realized someone had broken into the apartment. He is standing by. Report to be filed.

LARCENY (hunting scopes missing), 1:50 p.m., Willow Avenue. Male friend had access to house while reporting party was at hospital. Took expensive items from the house. Report to be filed.

LARCENY, 3:48 p.m., Centre Street. Truck was towed on Saturday the 26th. Motor vehicle was taken from the lot. Unknown suspect. Report filed.

TUESDAY, MARCH 1

VANDALISM/PROPERTY (broken windshield), 9:34 a.m., Franklin Place. Given case number.

LARCENY (multiple bikes), 4:23 p.m., Victory Road. Reporting party would like to speak to an officer regarding multiple bikes being stolen from property. She will be in the lobby on first floor in the office. She has all paper work and information. No new bikes stolen, reporting party just wanted advice. All bikes have been documented already and will file her own report online if needed.

WEDNESDAY, MARCH 2

LARCENY/MOTOR VEHICLE, 9:46 a.m., Arthur Street. Possible use without authority. Stolen form filled out.

VANDALISM/PROPERTY (inside bathroom walls), 6:06 p.m., Hancock Street. Reporting party states he was told to call police when this happened again. This is the fifth time it's happened. Reporting party is at a meeting and stated for officers to see shift manager. ACU Donnelly to follow up in the morning.

LARCENY/MOTOR VEHICLE, 7:26 p.m., Southern Artery. In QPD lobby. Reporting party states his vehicle was stolen at approximately 9 p.m. on March 1. He states the owner reviewed security footage and saw it get stolen. Report filed.

THURSDAY, MARCH 3

LARCENY (underwater devices), 11:38 a.m., Bower Road Ext. Reporting party has video of suspect that he will burn to a CD. Report to be filed. Caller reports finding a motorcycle helmet and some other items with further video surveillance.

VANDALISM/PROPERTY (follow-up), 12:56 p.m., Southern Artery. Report to be filed.

LARCENY (past), 1:27 p.m., Hancock Street. Report

to be filed. Incident closed.

LARCENY/MOTOR VEHICLE (just occurred), 4:11 p.m., Neponset Road. Caller parked his car 15 minutes ago and now it's gone. 2013 Kia Optima, gray. Be on look out to QPD units.

ARMED ROBBERY (past), 7:43 p.m., West Squantum Street. Caller's 15-year-old son was robbed at knife point yesterday around 6:30 p.m. Had cellphone, cash and a prepaid credit card. Jacket was also taken. Report filed.

Total Calls for Service (Feb. 25 - March 3): 985

Breaking and Entering Motor Vehicle: Conant Road (2), Pierce Street, Atlantic Street

Larceny Motor Vehicle: Neponset Road, 500 block Southern Artery, Arthur Street

Breaking & Entering in the Past: Quadrant Circle

Breaking & Entering Attempt: Wayland Street

Entries in the Quincy Police Crime Awareness Journal are compiled and submitted by the Quincy Police Department. The following are included in the journal:

Assault and battery, breaking and entering/progress, breaking and entering/attempted, larceny over/under, attempted larceny, larceny motor vehicle, armed robbery, attempted rape, vandalism private property and indecent exposure

The journal is published by *The Quincy Sun* as a public service to make local residents more aware of crime activity in their neighborhood.

Readers and the public are also welcome to view the Press Journal that is published (on Tuesday) of every week on the Quincy Police website: https://www.quincyma.gov/departments/police/resources/press_journal.php#outer-88

DOVE Inc. Awarded \$76,328 Grant To Fund Civilian Police Advocates

Quincy-based DOVE, Inc. has been awarded a state grant of \$76,328 which will help fund civilian police advocates. The grant is among \$3 million awarded to 37 community-based organizations, police departments and state agencies by the Baker-Polito Administration.

The funding is part of the Violence Against Women Act, Services Training Officers Prosecutors (VAWA STOP) Grant Program. This program, administered by the Executive Office of Public Safety and Security's Office of Grants and Research (OGR), aims to strengthen the criminal justice system's response to domestic violence and sexual assault

while enhancing services for survivors.

"The VAWA STOP Grant program has an important role in our Administration's strategy to confront gender-based violence and empower domestic violence and sexual assault survivors," said Gov. Charlie Baker. "We are grateful to our partners in law enforcement, the judicial system and survivor services who work tirelessly to promote justice and provide support for survivors."

"Every awardee has an essential role in protecting the safety and well-being of at-risk women and girls," said Lt. Gov. Karyn Polito, chairperson of the Governor's Council to Address Sexual Assault and Domes-

tic Violence. "Our administration is pleased to support their mission and ensure their access to the resources necessary for their vital work."

"VAWA grant funding has increased resources and strengthened training for law enforcement and the judicial system, improving our capacity to prevent and respond to violence against women. These grant awards also help survivor service providers to expand compassionate treatment for all survivors, including those from underserved communities," said Public Safety and Security Secretary Terrence Reidy.

"VAWA STOP grant funding has assisted Assumption University in providing critical prevention and trauma-response resources to women impacted by domestic violence or sexual assault. The grant has

also strengthened Assumption's strong collaboration with Pathways for Change, enabling specialized services for some of our most vulnerable victims during a time of great need," said Lt. Rebecca Gagne, deputy director of Operations at Assumption University.

"The VAWA STOP Grant award has enabled Pathways for Change, Inc., to provide direct services to some of our most vulnerable and underserved victims, including those who are deaf, hard of hearing and blind. This funding has increased our capacity to provide deserved support for survivors with unique needs as they work toward healing," said Marienelly Vazquez, campus advocate for Pathways of Change, Inc.

The Violence Against Women Act was passed by Congress in 1994 and marked a turning point in

the federal recognition of the extent and seriousness of violence against women. It also solidified a commitment by the government to address the problem by providing federal resources.

Over the last five years, \$15.3 million in VAWA funds have been granted statewide to support domestic and sexual assault survivors and their families.

The VAWA STOP Grant is a vital resource that supports various specialized and innovative projects throughout the Commonwealth. Some initiatives supported by these grant funds include:

- Services specifically devoted to preventing, identifying and responding to violent crimes against women;
- Training opportunities for judiciary, court, and probation personnel, in addition to law enforcement and sur-

vivor service providers;

- Partnerships between law enforcement and survivor service providers to provide compassionate outreach to survivors of domestic violence, sexual assault, dating violence and stalking; and

- Supporting prosecutors working closely with survivor-witness advocates, probation, law enforcement and state agencies to target high-risk cases and increase offender accountability.

In 2017, OGR awarded VAWA STOP grants through a competitive process. Grant recipients were then eligible for continuation funding through 2020. Due to considerations related to COVID-19, the Department of Justice Office on Violence Against Women authorized an additional year of continued funding in 2021 for each organization.

More Quincy news:

The Quincy Sun.com

Civil Service Rules Against City In Police Officer Hiring

Mayor's Spokesperson: Ruling 'Utterly Unfair And Littered With Factual Inaccuracies'

By SCOTT JACKSON

The state Civil Service Commission recently ruled the city of Quincy "failed to take the necessary steps to ensure a fair and impartial review process" when Mayor Thomas Koch's son was hired as a police officer over another applicant ranked higher on the list of candidates for the job.

The commission on Feb. 24 ruled that the applicant bypassed for appointment to the Quincy Police Department, Daniel Neenan, shall be placed by the state Human Resources Division at the top of any current or future list of candidates to join the department and that the city "shall take all steps necessary to ensure [Neenan] receives a fair, impartial de novo review" for the job.

The Human Resources Division in September 2019 established a list of candidates eligible for appointment to the Quincy Police Department, according to the commission's ruling. In October of that year – after the city requested to hire 18 officers – HRD advised the city it would have to hire from the top 37 candidates on the list. Neenan was tied for 31st on the list and the mayor's son Cornelius Koch was tied for 32nd.

In January 2020, the commission said Police Chief Paul Keenan – Mayor Koch's brother-in-law – requested the number of new officers be increased to 25 to fill additional vacancies because of retirements. The

city did not submit a written request to HRD to increase the number of officers it planned to hire, according to the commission; the city's human resources director, Patricia McGowan, said she made a verbal request to do so to HRD and believed that was adequate.

In April 2020, Mayor Koch submitted a list of 21 candidates to be appointed to the department, the commission stated; his son was number 19 on the list.

Neenan had previously been told he was being bypassed for appointment to the department by McGowan, the commission said. In her bypass letter, McGowan said Neenan did not disclose he was bypassed for appointment to the State Police in 2019 and did not disclose that he had been terminated from his job at a Boston restaurant in 2010.

In its ruling, the commission said those concerns may not have prevented the city from hiring Neenan if the mayor's son were not a candidate for the job.

"The lack of a level playing field here makes it dif-

ficult, at best, to determine whether the City would have viewed Mr. Neenan's background and answers in a different light if the Mayor's son, a lower ranked candidate, were not competing for the same position," the commission wrote.

While Mayor Koch and Keenan both recused themselves from the hiring process, the commission said the mayor's recusal was not put into writing. And while Koch hired Daniel Bennett – the state's former secretary of public safety – to stand in for the mayor in the hiring process, the commission said a police sergeant involved in the process was unsure of what Bennett's actual role was.

The city held two roundtable meetings in early 2020 to review the candidates for appointment to the police department, according to the commission; Bennett did not participate in one of the roundtables. Bennett did attend the roundtable where Neenan's candidacy was discussed along with the mayor's chief of staff, the mayor's director of operations, the city's HR direc-

tor, two police sergeants and other officers who helped conduct background investigations, one of whom is the son of Chief Keenan and a nephew of Mayor Koch.

The commission also found that Cornelius Koch, because he was 19th on the list of candidates ultimately appointed to the department, would not have been hired had the city only hired 18 candidates as it originally announced it would do.

In a statement, Chris Walker, Mayor Koch's chief of staff, said the Civil Service ruling "is just utterly unfair and littered with factual inaccuracies."

"This ruling is just utterly unfair and littered with factual inaccuracies. It's hard to read this as anything but the Commission willing itself to see some kind of exciting, salacious case of favoritism without any evidence to support it. It muddies the water enough to create a headline while the facts support a fair, honest, and transparent process," Walker said.

"The ruling wants to say that the Mayor's son was

appointed because someone else was bypassed, but it can't do that because the record is obvious that it did not happen that way. Had no one been bypassed, the Mayor's son would still be a police officer today."

Walker said the commission's assertion that the mayor's recusal was only made verbally is not true. Walker provided The Sun with a copy of a letter the mayor wrote to City Clerk Nicole Crispo in January 2020 notifying her that he would limit his role in the appointment process to "acting only upon the recommendation of another individual (Bennett) who shall chair an ad-hoc committee that will receive and select the candidates for appointment." Walker added that the mayor or publicly announced in local media that he would be recusing himself around that same time.

Walker also said while the commission stated the mayor and police chief decided to increase the number of vacancies to be filled from 18 to 25 shortly after learning Koch's son was

ranked 32nd on the October 2019 list, the police chief made the request to do so the following January based on anticipated retirements, while also asking for additional dispatchers to be hired.

"Such a practice is commonplace both from a regular budget planning process and Civil Service hiring process," Walker said. "We almost always ask Civil Service to expand the list of eligible candidates when hiring police and fire candidates because the process takes a good deal of time."

In addition, Walker said the chairperson of the Civil Service commission asked questions of the city months after the hearing on the matter and those questions related to an issue not raised by Neenan in his appeal.

"It is highly unusual for a hearing officer to be sending emails out eight months after a hearing concludes asking questions about an issue the bypassed candidate did not raise," Walker said. "This makes the Civil Service process look tainted – not ours."

Remove Decorations From City Cemeteries

The Cemetery Board of Managers requests the removal of all Christmas decorations, wreaths, and other items which could

interfere with the maintenance operation from all lots in the city's cemeteries on or before Tuesday, March 15.

PUBLIC NOTICE



City of Quincy 2022 City Census In The Mail

The 2022 City Census form is being mailed to every household in Quincy. City officials ask that residents update their information and return the census form as soon as possible in the postage paid envelope provided.

Compliance with the City Census is a state requirement, which provides proof of address for school age children, voting rights, veteran's bonus, housing and related benefits – as well as to ensure voters remain on the active voting list.

For assistance, please call the City Clerk's Office election department at 617-376-1143.

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Real Estate

Quincy Real Estate Transactions Feb. 28 - March 4

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Qian Da
Jonathan & Linh P. Dang
Shilpa Medavarapu
Donna M. Donaghey, Patricia A. Prasinis, Janice M. DiFabio, William P. Lydon & David J. DiFabio
Neponset Point LLC
Yen Trung
Susie S. L. & Patrick Lui
Nashi Ni
Madeline Kamb
Farrell Properties LLC
John Birungi & Christine Musanase
Michael K. & Bridie Grehan
Ah H. & Lai G. Woo
Erin L. Harte & Said Fertate
Ross & Staci M. Barber
Paul E. Saperstein Co
162-164 Vassell Street LLC
Ryan & Oanh Tran
Marini Realty Trust
David & Ha Chu
Eric Hefez & Katherine K. Moynihan
Michael E. & Patricia O. Wood

BUYER

Xiaoxiong Ma
Timothy R. & Ella Graves
Garren Su
Xuehua Chen & Youkun Xie
449 North Main PMSC LLC
Michelle Zimin Wu & Peiqing Zhang
566 School St LLC
GTH Realty Trust
J & P Construction LLC
Loughrea LLC
Rosemary Szeto
Ling Q. Li & Lin B. Ma
Marsel Kasemi
Meihua Song
Rosalia Cefalu
Maria Mainini
Aseel E. Eid & Emin Aygun
Nhan T. Le
Ryan W. & Katelyn E. Kelly
Jonathan K. & Jessica M. Liu
Allan Zheng & Zhiming Zhao
Xiu Y. Tang

AMOUNT

\$570,000.00
\$580,000.00
\$395,000.00
\$625,000.00
\$818,000.00
\$610,000.00
\$770,000.00
\$312,000.00
\$280,000.00
\$900,000.00
\$339,000.00
\$761,000.00
\$415,000.00
\$315,000.00
\$650,000.00
\$236,000.00
\$1,160,000.00
\$550,000.00
\$750,000.00
\$500,000.00
\$580,000.00
\$1,260,000.00

ADDRESS

90 Village Drive, Unit 9-9
750 Willard Street, Unit 1B
100 Cove Way, Unit 103
17 Cummings Avenue
57 Quincy Shore Drive, Unit 602
116 Barham Avenue
67 Brook Street
90 Quincy Shore Drive, Unit 825
75 Bayview Avenue
416 Willard Street
230 Willard Street, Unit 208
71-73 Tirrell Street
100 West Squantum St., Unit 717
24 Cummings Avenue, Unit 2B
76 Shirley Street
808 Willard Street, Unit F-1
162-164 Vassell Street
11 Copeland Street
11 Victoria Road
62 Woodward Avenue
100 Marina Drive, Unit 103
30 Elmwood Park

Report: County Real Estate Activity Sluggish In February

Cont'd From Page 1

past low interest rate environment," O'Donnell said.

A continuing cause for concern in Norfolk County, however, is the increase in foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During February, there were 8 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County. In addition, there were 27 Notices to Foreclose, the first step in the foreclosure process, recorded in February, up from 18 recorded in January. In February 2021 there was only 1 Foreclosure Deed and 6 Notices to Foreclosure Mortgages filed.

"The sharp increase in

these numbers remind us that even more of our neighbors are now facing financial challenges," O'Donnell said. "We will continue to monitor these numbers."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage," O'Donnell said,

"please consider contacting one of these non-profit agencies for help and guidance."

Homestead recordings by owners of homes and condominiums decreased this month at the Norfolk County Registry of Deeds. There was a 17 percent decrease in homestead recordings in February 2022 compared to February 2021 and a decrease of 20 percent from January.

"These figures are not too surprising where the sales of homes has decreased, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of Homestead provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000," O'Donnell noted. "We want to see folks protecting the biggest asset

most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so."

"The recording fee is only \$36. Feel free to visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and to make sure you have taken advantage of this protection."

O'Donnell said February real estate activity showed a decline in Norfolk County which is not unusual for this time of year however, there has been a drop in numbers in 2022 over 2021.

"We still see available real estate inventory as continuing to be a source of concern in Norfolk County but it does appear that the market is not as hot as last year. Whether this translates into more and better opportunities for buyers, particularly

first time buyers, remains to be seen," O'Donnell said.

"The Registry of Deeds continues to be open to the public for business. The drop-off box located at the main entrance of the Registry Building will continue to be available for use by those members of the public who may not be comfortable entering the Registry of Deeds Building. The volume of documents recorded electronically for many of our institutional users continues to increase. We are also receiving documents in person, via regular mail, Federal Express, UPS and from our drop-off box located just outside our main entrance at 649 High Street, Dedham," O'Donnell added.

To learn more about these and other Registry of

Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

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Councillors To Discuss Retirement Board's Future

Cont'd From Page 1

thy was not present at the meeting. In a separate 8-0 vote, councillors passed a resolution asking the retirement board to appear before the council to discuss the loss of \$3.5 million from the pension fund last year as a result of phishing scam. That resolution states councillors want to know why it took eight months to notice the \$3.5 million was missing and what steps have been taken to ensure something similar does not happen in the future.

The council's oversight committee is set to meet March 21 relative to the pension fund.

Ward 4 Councillor Brian Palmucci, who cosponsored both of those resolutions put forward Monday, said it makes sense to discuss the possibility of having PRIM handle all of the city's pension money at the same time the loss of the \$3.5 million is being discussed.

"My thinking here was if we're going to have a conversation about the retirement system in general that we should probably broaden the conversation to include whether or not the city pensioners would be better served by investing their retirement funds in the state-governed system rather than

the local-governed system," Palmucci said.

"By no means does this resolution state a position on that question. I'm not saying that that is something we should do. I think it should be part of the conversation when we have the retirement board come or whoever they send to discuss [the other resolution]."

In the resolution concerning moving the pension funds to PRIM, councillors noted that board handles pension monies for 98 retirement systems throughout Massachusetts. PRIM's clients include Massachusetts state employees, the Massachusetts Teachers' Retirement System, and the Boston Teachers' Union.

In that same resolution, councillors wrote, "PRIM has a track record of higher investment returns than the Quincy Retirement Board," and the city had to borrow \$475 million last year to cover unfunded pension liabilities that resulted from, in part, "poor [investment] returns from the Quincy Retirement Board."

The Quincy Retirement Board operates independently of the city. It includes two elected members, two appointed members, an executive director, and the city auditor, who serves as its

chairperson.

In February, Michael Sacco, the attorney representing the board, confirmed that the pension fund lost \$3.5 million last year as a result of an unauthorized transfer of funds.

"The Quincy Retirement Board can confirm that an unauthorized user compromised the City of Quincy's electronic mail system and as a result of this incursion, an individual fraudulently posing as a Board staff member persuaded one of the Board's investment managers to transfer \$3.5 million to a third party bank," Sacco said in a statement on Feb. 11.

"Once the Board learned of this unauthorized transfer of funds, it immediately notified the appropriate state and federal law enforcement and regulatory agencies, and the Board is fully cooperating with the ongoing civil and criminal investigations into this matter. The Board has implemented additional security measures to protect the retirement system's assets and to detect and thwart any future cyber theft attempt."

"While the investigation is ongoing, the Board will not have any further comment on the matter."

Mayor Thomas Koch, in

a phone interview that same day, said the city's pensioners were not in danger of missing out on payments because of it.

"I want to let our pensioners know that their payments are not in jeopardy at all," he said.

At the City Council meeting on Feb. 14, coun-

cillors questioned Koch's chief of staff, Chris Walker, about the loss of the \$3.5 million while discussing an unrelated cyberattack on the city's network and servers that occurred earlier in the month. Walker at the time said he was "not authorized to speak on that issue in any

great detail," citing the independent nature of the retirement board.

It was at the Feb. 14 meeting that Palmucci, the chairperson of the oversight committee, said the committee would hold a hearing to discuss the matter on March 21.

BBB Scam Alert: Betting On A Big Game? Don't Fall For A Sports Betting Scam

By BETTER BUSINESS BUREAU

Thanks to new legal changes, the popularity of sports betting has exploded. If you think scammers haven't noticed, think again. BBB Scam Tracker is seeing reports from people who accidentally placed bets with scam sports betting websites or apps.

How the scam works

You want to place a bet on an upcoming game, so you search online for a sports betting service. You find a website or app that looks trustworthy. It may even offer an enticing introductory bonus, so you can make an initial bet "risk free."

You place a bet, and, at first, everything seems normal. But as soon as you try to cash out your winnings, you find you can't withdraw a cent. Scammers will make up various excuses. For example, they may claim technical issues or insist on

additional identity verification. In other cases, they may require you to deposit even more money before you can withdraw your winnings! Whatever you do, you'll never be able to get your money off the site. And any personal information you shared is now in the hands of scam artists.

One victim reported to BBB Scam Tracker: "I deposited money to put a wager for a sports game. I won the bet [and] attempted 3 times to cash out and 3 times it was declined. Spoke to their representative, and they needed a picture of my driver's license, a photo of myself holding my ID, and a blank check from my bank. With all the run around I've been given, it prompted me to read their reviews. All horrible reviews of a scam. Called my credit card company to file a fraud report."

How to avoid sports betting scams

- **Look for an establish, approved service.** Look for "white-listed" sports books that have been approved by your area's gaming commission. In the United States, ESPN has a list of where sports betting is legal.

- **Don't fall for tempting ads.** Ignore gambling-related pop-up ads, email spam, or text messages.

- **Read the fine print on incentives.** Gambling sites and apps often offer incentives or bonuses to new users and around major games. But like any sales pitch, these can be deceptive. Be sure to read the fine print carefully.

- **Even legitimate sports betting sites have the right to freeze your winnings.** Gambling companies can restrict user's activity for "seeming to have an 'unfair advantage' or 'irregular playing patterns,'" reports Lifehacker. Be sure to check the terms of service.

Ask Barbara Graceffa: 'Secretary Of The Interior' Flights of Fancy: Reinventing Space Under the Staircase

For years now I've always wanted to take advantage of the space under my front hall stairs that lead to the second floor. Could you please give me some different ideas? Lillian

As I begin most projects with a new client, I ask, "What are your needs and budget?" Do you need more storage (or specialized storage), more living space, or other dedicated zones to make your life easier or more enjoyable?

There is a whole lot of potential in this often-unused space. Here are some ideas for all three categories.

If it is storage you need, figure out what needs to be housed and the best methods to do so. Storage under the stairs can be open or closed. Open styles, especially near your front entrance often include hooks for coats and keys and cubbies for purses, backpacks, gym bags, briefcases, and the like. The cubbies can be vertical or horizontal, with the option for a knee-high horizontal configuration to serve double duty to sit on for ease of putting on or taking off your footwear.

Specialized storage options should meet your needs as well. The most beautiful wine cellars I have seen have been carved into space under the stairs with glass doors to push the wow factor to the limits. Or perhaps you need toy storage so doors and drawers might include pull-out bins on wheels so the children can easily maneuver them. If you require more pantry space or linen storage, be sure to add wire racks or wooden shelves.

Depending on the real estate available under the stairs, better living options are possible, too. Consider a cozy reading nook, a secret playhouse for the children, or a pet paradise with kennel and sleeping accommodations.

Finally, if the space is better suited to a powder room, laundry zone, craft corner, or indoor garden, plan accordingly for electricity and water as necessary.

Hopefully one of these ideas will spark a spring remodeling project to realize your long-awaited dream space.

Barbara Graceffa owns Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, decluttering, and home staging services, workshops and quilt shows at www.sec-interior.com, and follow her on [instagram.com/secretaryinteriordecorating/](https://www.instagram.com/secretaryinteriordecorating/) and [secretaryinteriordecorating.blog](https://www.facebook.com/secretaryinteriordecorating.blog).

New clients can reach her at 617-921-6033.

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Quincy Choral Society 'Music From The Screens' Concert Sunday

The Quincy Choral Society will present "Music From The Screens" featuring music from the video game Civilization IV including "Baba Yetu" and "Sogno di Volare," music and lyrics by award-winning Christopher Tin, and "TV Time!" and a medley of American classic television themes arranged by Mac Huff.

The silver screen is represented by music from Disney as well as several pieces from popular movies.

The concert will be held on Sunday, March 13, at Quincy Catholic Academy Auditorium. The afternoon includes a silent auction and

some surprises to benefit the chorus including a raffle. A highlight of the auction is the opportunity to conduct the chorus performing "The Hallelujah Chorus" from Handel's Messiah.

Doors open and auction bidding begins at 1:15 p.m. with the concert following at 2 p.m. Quincy Catholic Academy is located at 370 Hancock St., North Quincy. In compliance with Theaters and Performance Venues MA Safety Standards, audience members will be required to wear masks. Tickets are \$15 and will be available at the door. Seating is limited and this

popular event will be sold out. Come early to buy your ticket and bid.

Named Quincy Choral Society's sixth Music Director in 2020, Sarah Labrie holds a Bachelor of Music in music education from Westminster Choir College. She received both her Master of Music and Certificate of Advanced Graduate Study in choral conducting from Messiah University in July 2021.

Quincy Choral Society was founded in 1981 for the purpose of bringing musical excellence to the South Shore and the world.



QUINCY CHORAL SOCIETY will present "Music From The Screens" featuring music from the video game Civilization IV Sunday, March 13 at 2 p.m. at the Quincy Catholic Academy Auditorium. *Courtesy Photo*

READERS FORUM

John, Abigail Adams Statues Departure Downtown 'A Catastrophe'

Bravo Claire Fitzmaurice! Thank you for bringing attention to the eviction of John and Abigail Adams from Quincy Center. I consider their banishment to the outskirts of town a catastrophe.

The founding families of our town have been put out to pasture in the fashion of those who prefer to ignore historical fact. We no longer honor the foundations of our democracy; we choose to cloud the past.

Not so many years ago when John and Abigail oc-

cupied their places of honor, they were features of our town. My granddaughters would bring spring flowers to place at Abigail's statue. Abigail was prominent in the forefront of equality for women and frowned upon the ownership of fellow humans.

How quickly we forget the influx of tourists to our town after the historic telecast, "John Adams." That influx brought with it a boost to our economy.

John Adams' input was an intricate part of The Dec-

laration of Independence. John and his son, John Quincy, sailed to Europe from Wollaston Beach to persuade our Allies to help finance our revolution.

Now they've come on hard times. The pandemic has cut back our tourist trade. Designers of our expensive and beautiful civic center prefer to downgrade our roots, ignore our history, and promote a fictitious euphoria.

Kathryn Campbell
Cranch Street
Quincy

She Also Supports Statues Downtown

I am writing to express my thoughts on Claire Fitzmaurice's letter regarding the statues of Abigail Smith Adams and Dorothy Quincy Hancock. I could

not agree more with your thoughts on the missing ladies - it is unforgivable! Please find a way to incorporate their statues into the lovely new Hancock Adams

Common in the middle of Quincy Square. They are as much a part of our history as are the men!!

Susan Maffie
Avon Way
Quincy

'Limit People's Access To Vote' Ridiculous

Dear Editor,

I am writing regarding Ms. Susan Bill's hysterical letter. Her judgmental tone and snide comments aside, she claims her statement about Republicans to be one of fact that can be proved and exists no matter your feelings. Clearly it is opinion.

As a former Democrat and proud Republican, I look at the Democratic Party as one that cannot attract more voters without trying to "suck them in" with government aid, welfare, etc. I was once there - I fell for it. Further, they try to bring in new voters by leaving the border open, which, needless to say, is not sustainable. Democrats treat people of color like victims by saying they cannot register to vote, vote absentee or vote early, get to the polls or obtain and show proper ID. It is very insulting to the people of color I know. Her comment "limit people's ac-

cess to vote" is ridiculous to me. One side wants accountability and the other is not concerned about corruption.

I know what I have stated in the above paragraph is my opinion, and though I am sure many people agree with my opinions, I do not proclaim them as fact. I fully expect someone like Ms. Bill to call me a white supremacist and a racist (because I choose not to see color, even at the polls!) and that is fine because 1.) I know that is not true, 2.) my family and friends know that it not true, 3.) the left has made those words and others meaningless and 4.) I am mixed race.

I second Ed Spring's request that Ms. Bill define systemic racism and provide statistics to support the concept.

What obstacles have people faced at the polls or trying to register to vote in Quincy? I have lived in several communities in Mas-

sachusetts and have never witnessed anyone having an issue voting or becoming registered. I would like to know what barriers Ms. Bill or her friends have encountered voting in Quincy? I would expect her answer to be things she has heard second and third hand (nothing that can be proved). If someone has registered, which is very simple to do, they will be able to vote early, by absentee or in person. Perhaps to be sure you can vote, you can simply call the City Clerk to verify you are registered. As much as Ms. Bill wants people to think that certain races are incapable of registering and voting, they can do whatever she and anyone else can do.

Thank you to Ed Spring, Sal Giarratani and Tom O'Brien for their well-written rebuttals to her "statements" last week.

Sincerely,
Lafayette Mitchell
Quincy

Gas Prices Soar 54 Cents In Week; Highest Average Price In MA Ever

Massachusetts's average gas price is up 54 cents from last week (\$3.62), averaging \$4.16 per gallon. This is the highest average price ever recorded by AAA in Massachusetts.

Monday's price is 72 cents higher than a month ago (\$3.44), and \$1.48 higher than March 7, 2021 (\$2.68). Massachusetts's average gas price 10 cents higher than the national average.

"The extraordinary volatility in global oil markets stems from the Russian in-

vasion of Ukraine and the question of whether the United States and NATO will impose sanctions on the Russian oil and gas industry. As that issue continues to be debated today, the market will see significant upward pressure on petroleum-related commodities," says Mary Maguire, director of Public/Government Affairs. "The 45-cent increase in gas prices here in the U.S. over the past 7 days amounts to the single largest increase since AAA has tracked domestic gas prices. The negative

impact of these explosive prices on American consumers will only increase in the near term."

AAA Northeast's March 7 survey of fuel prices found the current national average to be 45 cents higher than last week (\$3.61), averaging \$4.06 a gallon. The national average hasn't been this high since July 2008. Monday's national average price is 62 cents higher a month ago (\$3.44), and \$1.30 higher than this day last year (\$2.76).

Quincy Point Congregational Church

On Sunday, March 13, in-person and live-streamed worship begins at 10 a.m. at Quincy Point Congregational Church, 444 Washington St., Quincy.

The second Sunday of Lent will be celebrated Sunday.

The Lenten theme this year is inspired by a devotional of the same title, "Good Enough- 40 ish devotionals for a life of imperfection" by Kate Bowler and Jessica Richie. This Sunday the church will reflect on "So Much is Out of Our Control" and Luke 13: 31-35. Visit the monthly To The Point newsletter at: <https://www.quincypointcong.org/church-life-1> to find out more about what is happening this Lent at QPCC.

The "Good Enough" Zoom Book Club started

March 9 and will be held on Wednesdays in Lent from 7 to 8 p.m. This book of devotionals focuses on helping one to make sense of life, a life that is not perfect, granting ourselves permission to fix the things that can be fixed and accepting the places that can't. "And it's okay that life isn't always better." Contact the church office if you would like to take part or would like a book.

Starting March 13, QPCC is inviting everyone to participate in a weekly (or one-time) offering to aid the people in Ukraine and the refugees of Ukraine who are fleeing to Poland. The offering, which can be made by check or online giving will continue until Easter Sunday. The church will be working with The Rev. Dr. Kazimierz Bem of the First

Church of Marlborough, who is working directly with the Diakonia of the Evangelical Lutheran Church in Poland (www.diakonia.org.pl), which is helping the over 400,000 (and growing) refugees who have fled to Poland (mainly women and children), and with the Diakonia of the German Lutheran Church in Ukraine, centered in Kharkiv. Help is given by Diakonia to people regardless of their religion or lack thereof. QPCC will be collecting donations through online giving and by donations offered during Sunday worship.

Checks can be made payable to Quincy Point Congregational Church with the memo: Ukraine Relief or visit our website for a secure donation: <https://www.quincypointcong.org/donate>.

First Baptist Church of Wollaston

The First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, is open for everyone. For those who have not fully vaccinated, continue to wear mask and safe distance. On-line Worship will continue.

The church online dial-

in/Zoom weekly meeting schedule visit the website: <http://firstbaptistchurchof-wollaston.org/>.

• Sunday 9:30 a.m. Vietnamese Worship Service @ Fellowship Hall: Pastor Duc

• Sunday 10:30 a.m.

English Worship Service - Interim Pastor: Rev Bill Swilling

• Friday 11:00 a.m. Prayer Group Meeting

For other inquiries call 617-472-0824 and ask for Lewann Mina, the church administrator.

Funds OK'd For Squantum School Feasibility Study

Cont'd From Page 3

crease based on a number of factors.

"We obviously endeavor to get the highest reimbursement rate possible and we've had great success on that," he stated.

When the bond order was first introduced in February, several city councillors said the city should take steps to make the new school a net-zero building. Hines on Monday said the city would try to do so if it is possible.

"I know there has been a lot of talk...and rightfully so, about making it a net-zero building. We do agree to endeavor to do that to the extent that we are able to do that," Hines said.

Councillor Nina Liang said the city has a proven track record of constructing energy-efficient school buildings but said it would be important to formalize the administration's commitment to exploring the possibility of making the

new Squantum Elementary School as energy efficient as possible.

"Looking at our track record, I know this is something that is a priority for us that we want to move toward," she said. "But it is important to acknowledge that. Many folks in the city, including myself, do want to see this codified somewhere."

Liang introduced a resolution to that effect at the end of Monday's meeting.

The resolution will be considered at the next council meeting on March 21.

Koch's chief of staff, Chris Walker, said the mayor would sign and agree to the resolution should the council approve it.

Councillor Anne Mahoney said the MSBA has helped build at least eleven net-zero schools statewide and it would make sense for Squantum Elementary Building to be a net-zero facility as well.

"I know that they have done it and I'm sure they would be encouraging that, especially in the situation that we find ourselves in currently globally with what's happening in Ukraine. We do really want to try to make sure we're making ourselves as independent as possible and a net-zero building would be definitely the right message for us in the city of Quincy to be trying to achieve," Mahoney said. "I think Squantum Elementary

School is the perfect school for that to be happening at."

Harris, the Ward 6 councillor, said he would like to get the community involved in the design of the new facility, in particular the drop-off and pick-up area on Huckins Avenue. He said he "wants to be able to have an opportunity to make life easier for the residents of my ward on Huckins" and also to "create a safe environment for the children to be able to just come to school."

Councillors Want Updates On Animal Shelter, Downtown Funds

By SCOTT JACKSON

City councillors on Monday approved a pair of resolutions seeking an update on plans for a new Quincy Animal Shelter and an update on the city's funding mechanism for infrastructure improvements in Quincy Center.

The council approved those two resolutions, both introduced by Councillor Anne Mahoney, in a pair of

8-0 votes. Ward 1 Councillor David McCarthy was not in attendance Monday.

City councillors in 2017 approved a \$3.55 million bond for a new animal shelter on Quarry Street – half of the \$7.1 million Mayor Thomas Koch originally sought for the project. Councillors at the time were hesitant to fully fund the new shelter before the de-

sign of the new facility was finalized.

Mahoney's resolution seeks a presentation from the administration on the status of the new animal shelter along with an update on how the \$3.55 million has been spent to date. In addition, it asks for an update on the expenses paid to date for road and site work at the Quarry Street site –

where the city also opened a new dog park, which was funded separately from the animal shelter.

The resolution also asks for an update on plans for a temporary animal shelter, including where the temporary shelter will be located, why that site was chosen, and a cost analysis of the temporary location compared to the new permanent location.

"I think it is important because we're moving ahead to put it in a temporary spot and we do have a location and we have money that's been allocated out there," Mahoney said Monday when she introduced the resolution.

The second resolution Mahoney put forward asks for an update on the availability of district improvement financing (DIF) funds for Quincy Center. The DIF is a mechanism that allows the city to borrow money for Quincy Center improvements and pay back those bonds using new tax revenue from the downtown district.

The City Council has approved DIF bonds for \$10 million in 2005, \$30 million in 2007, \$80 million in 2017 and \$61 million in 2019, according to Mahoney's resolution. Her resolution seeks an update on the city's use of the \$61 million bond, "along with any other perti-

nent matters relating to the Downtown Redevelopment Project and any impending requests for borrowing."

Mahoney said councillors should have a solid understanding of what has happened in Quincy Center before they consider Koch's proposed redevelopment plan for Wollaston Center, which was resubmitted to the council in January.

"As we start turning the corner to start discussing the URDP for Wollaston, it is important we have a good understanding of what we've accomplished and what our goals are in the downtown and how those monies have been spent," Mahoney said.

QHS Drama Club To Present

'RETURN to the FORBIDDEN PLANET'

The Quincy High Drama Club will present "RETURN to the FORBIDDEN PLANET" by Bob Carlton March 11, 12, 18 and 19 at 7:30 p.m. at Quincy High School, 100 Coddington St.

"RETURN to the FOR-

BIDDEN PLANET" is a Love."

Tickets will be available at the door - \$12 for adults and \$5 for students. Masks must be worn.

Parking is available at the school parking lot on Russell Park.

Opera On Tap, Milton Community Concerts Benefit March 19

On Saturday, March 19 at 7 p.m. Milton Community Concerts and Opera On Tap Boston will present a benefit concert called "The Heart of a Woman."

The program will feature music from a variety of genres which tell stories of women, exploring musical-

cultural heritage, gender, and ethnicity. It will feature professional singers from Opera on Tap, a local performing organization established in 2012 and dedicated to singing opera "outside the box," in non-traditional venues.

The concert will take

place in the Meetinghouse at the historic First Parish Church of Milton-UU at 535 Canton Ave. Admission is \$20 general, \$10 for seniors 65 and over, and free for 18 and younger. Tickets will be available at the door only, and plenty of free parking is available.

PUBLIC NOTICE

PUBLIC NOTICE
2022 - 034

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ADOPTED, that the Rules of the Quincy City Council be amended as follows:

By removing any reference to "Him/His" and replacing with "Them/Theirs".

By amending to Rule Nine - Addressing Chair to include "or Madame" after "Mr."

Every member speaking to a question or making a motion shall address the Chair as "Mr. or Madame President," who shall thereupon pronounce the name of the member entitled to the floor. Members addressing Council shall confine themselves to the question under debate and avoid personalities.

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

3/10/22

PUBLIC NOTICE

PUBLIC NOTICE
2022 - 033

Presently pending in the Ordinance Committee of the Quincy City Council to be passed at a later date:

BE IT ORDAINED by the City Council of the City of Quincy that Chapter 1 – General Provisions – of the Municipal Code be hereby amended as follows:

Add the following:

Article III – Definitions and construal.

A. Word Usage –

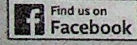
1. Gender. All chapters of the City Code shall use gender-neutral language, which language shall apply to all persons, firms, partnerships, corporations or other entities. The Municipal Code of the City of Quincy shall be amended so as to make the language in the Municipal Code gender neutral, as follows:

- a. In each place that the word "him/his/her" appears and replacing with "them/theirs"
- b. In each place that the word "he" appears and replacing with "they"
- c. In each place that the word "himself" appears without being followed by the word "themselves"
- d. In each place the word "men" appears, it shall be amended to read "person(s)."
- e. In each place the word "patrolmen" appears, it shall be amended to read "patrol person."
- f. All future ordinances enacted shall contain gender-neutral language as heretofore described.

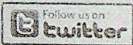
A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council

3/10/22

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, March 10
6:00pm: Bethany Congregational Church
8:00pm: High School Basketball

Friday, March 11
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, March 12
11:00am: Alive & Kickin'
12:00pm: AM Quincy: Nicole Crispo

Sunday, March 13
11:30am: Good News
1:00pm: The Call

Monday, March 14
11:30am: LIVE: Currently in Quincy
8:00pm: High School Basketball

Tuesday, March 15
7-9am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, March 16
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, March 10
4:00pm: Board of License Commissioners 3/8
5:30pm: Zoning Board of Appeals 3/8

Friday, March 11
6:00pm: TCPL: Woodward Art Exhibit
7:00pm: In the Know: Norfolk County Sheriff
7:30pm: Legislative Update with Rep. Bruce Ayers

Saturday/Sunday, March 12/13
9:00am: In the Know: Norfolk County Sheriff
9:30am: State View: Representative Tackey Chan
10:00am: City Council incl. Finance & Pub Hear 3/7
12:00pm: Board of License Commissioners 3/8
4:30pm: Zoning Board of Appeals, 3/8
7:00pm: City Council incl. Finance & Pub Hear 3/7

Monday, March 14
8:00pm: At the Library Concert: Haley Hewitt

Tuesday, March 15
4:00pm: Board of License Commissioners 3/8
5:30pm: Zoning Board of Appeals 3/8

Wednesday, March 16
8:00pm: At the Library Concert: Jeff Snow, Encore

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Gormley (56 Points) Powers NQ Past Masco

*Raiders Host
Pentucket In
Round Of 16
Wednesday 5PM*

By TOM JOYCE

The North Quincy High girls' basketball team showed who the better team was in its first-round playoff game last Saturday night in Div. 2 tournament action.

It turned out that the Raiders were the better team — a much better team based on the score of this one.

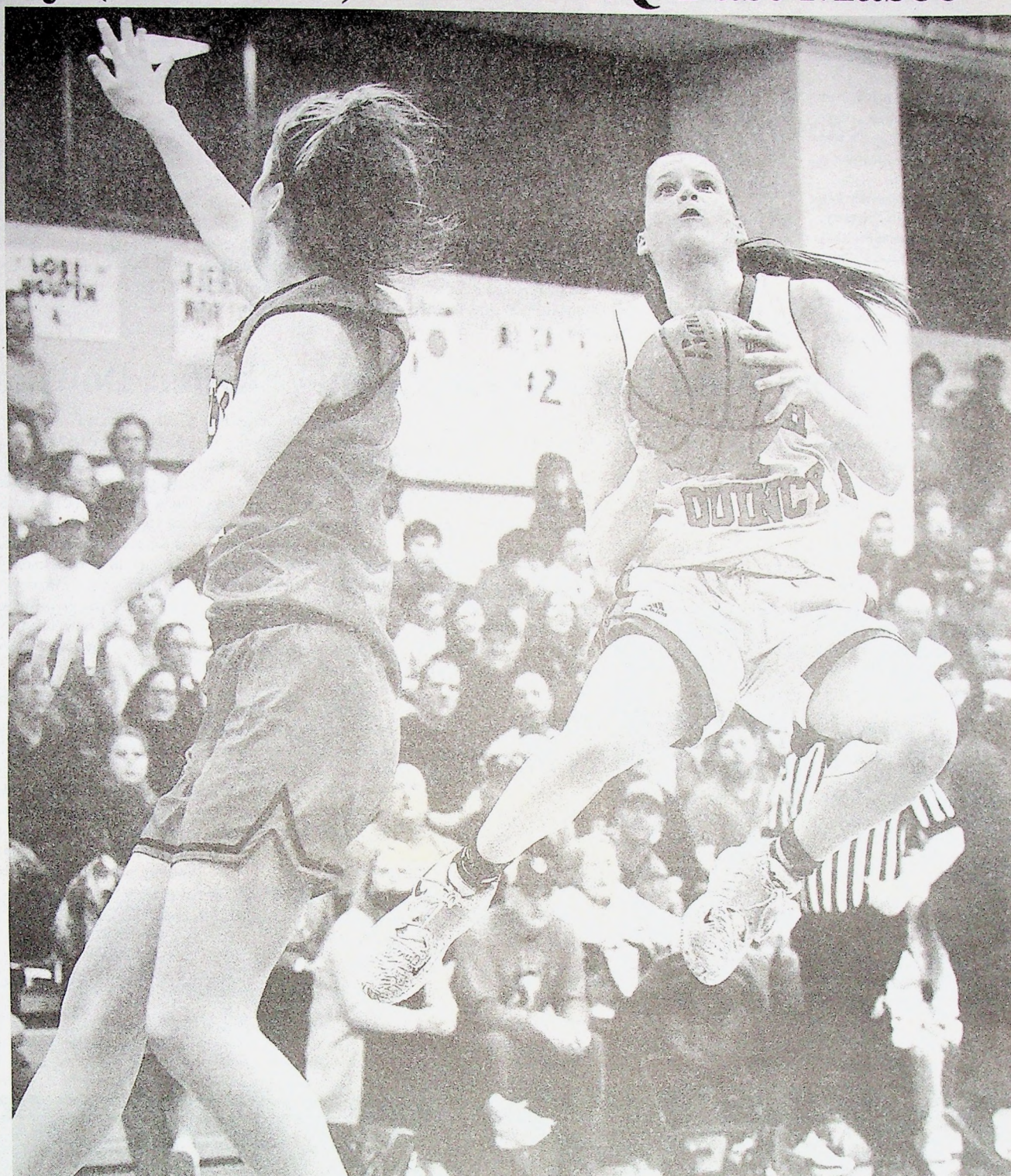
Although it was a play-off game, the 8th seeded Raiders had no issue taking down their opponent — #25 seed Masconomet High. Masconomet took an early lead, but the Raiders were dominant in the Round of 32 home contest. Orlagh Gormley had the most dominant offensive performance in city history and the Raiders won the game 80-57. With the win, the Raiders improved to 23-0 on the season.

Gormley set the school record — for both boys and girls — for points scored in a city basketball game with 56, including all but nine of the team's points in the first half. Gormley eclipsed the previous mark of 54 points scored by NQ's Brian Ross in 1998.

It's usually a good sign for a team when they lead by 17 points after the first quarter. That's exactly what happened for the Raiders in this one despite Masconomet initially taking a 7-5 lead.

How did the Raiders respond to that? They responded with a 14-0 run. Gormley scored the first 11 points of the run; she also scored the first 16 points of the game for the Raiders.

Cont'd On Page 21



'ORLAGH THE SCORER' — North Quincy's Orlagh Gormley eludes a Masconomet defender as she scores two of her record 56 points in the Raiders' 80-57 win in the Div. 2 girls basketball tournament Saturday at NQHS. Gormley's 56 points is the most scored by a city basketball player in a single game. The 8th-seeded Raiders hosted #9 Pentucket Wednesday at 5 p.m.

Quincy Sun Photos/Robert Bosworth



NORTH QUINCY's Caroline O'Donnell looks to pass to a teammate in the Raiders' 80-57 tournament win over Masconomet. O'Donnell had some key offensive rebounds and baskets in NQ's victory.



THE RAIDERS played strong team defense in their 80-57 win over Masconomet in the Div. 2 tournament Saturday. Here Molly Toland closely defends a Lady Chieftain who tries to drive to the basket.

New NQHS Athletic Banners To Feature Updated Yakoo Logo

By SCOTT JACKSON

The various banners that formerly hung inside the North Quincy High School gymnasium recognizing the schools' athletic achievements are in the process of being replaced with new banners that will feature the updated version of the Yakoo mascot.

Supt. Kevin Mulvey said the old banners inside the gym were taken down prior to the start of the last school year. The move came after Mayor Thomas Koch and Dr. Allan Yacubian, the inspiration for the Yakoo image, unveiled a new version of the mascot replacing Native American imagery with colonial-era attire.

Students at North Quincy voted overwhelmingly in favor of adopting the new mascot in the spring of 2021, and also voted to retain the Raiders nickname for the school's sports teams.

The school district is now working with a vendor to replace the various banners that adorn the gymnasium at North, Mulvey said.

"We have the banners and we are working with a company to actually have them redone with the new image of the Yakoo on them. It does take time and obviously money too, so we're working to locate the funds to do that, but we'll hopefully have the banners up sooner rather than later. The mayor is very interested in getting them done as well as members of the School Committee, so we're working as quickly as we can," said Mulvey, a 1991 graduate of North Quincy High School.

"We've identified a company that will do the banners and we want to make sure that they are done accurately because we want to make sure all the dates are accurate.

"I know our alumni look at those banners very carefully and if there is any errors on them we will know, so we want to make sure



UPDATED YAKOO mascot logo at North Quincy High School will be featured on new banners recognizing the Raiders' athletic achievements. The old banners inside the gym were taken down prior to the start of the last school year. The new logo which also appears at basketball center court features colonial-era attire and a school bell.

when we do them, we do them right and that it is accurate and they'll be beautiful banners when they're up there with the new image on them."

New recognitions could be added to the banners as well, Mulvey said, including one for this year's girls' basketball team, which went 22-0 during the regular season, the first undefeated regular season in the history of the program. The superintendent said he did not know if other recognitions are missing from the banners, but noted that Paul Bregoli, a member of the School Committee and long-time

coach at the school, is working to address that.

"Mr. Bregoli is maintaining all of our stats and is working very closely with us with regard to the banner development," Mulvey

said. "If there is anything that needs to be added, he'll certainly know that and we will do that, but nothing is coming to mind with regard

to anything missing or anything like that.

"If there is, we'll catch it and we'll make sure we add it to the banners."

Mulvey said he was uncertain when the new banners would be installed inside the gym but was optimistic it could be done before summer recess.

"I'm hopeful they will be," in place by the end of the school year, he said.

"Unfortunately, right now I can't give an exact date, but it is in the works. We're testing out materials and designs and we'll hopefully have that squared away within a month and then it's just a question of how long it is going to take for production. It's that piece that I'm not too sure about."

It could cost as much as \$20,000 to replace the banners, the superintendent said; the district is looking

at ways to pay that expense.

"Depending on the quality of the banners that we choose, the cost will be somewhere between \$10,000 and \$20,000 to replace them," Mulvey said. "We're working on a funding source as well."

Before deciding to replace the old banners, Mulvey said the idea of just replacing the Yakoo image on them was considered. That would not have been feasible, however, because of the way there were made.

"We explored potentially taking it off and placing another patch on it, but the vendor said it just wouldn't look right, so we opted to do brand new ones," Mulvey said. "I know the mayor and I and Mr. Bregoli and other alumni want Dr. Yacubian's new image, the new Yakoo image, on their for his tradition."

Edward Jones

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NQ's Orlagh Gormley's 56 Points New City Record



NORTH QUINCY sophomore tri-captain Orlagh Gormley put on a scoring clinic in the Raiders' 80-57 win over Masconomet Saturday in the Div. 2 Tournament. Gormley scored a city record 56 points in the win breaking the previous mark of 54 set by NQ's Brian Ross in 1998. Here are a few of her baskets from her milestone night. Quincy Sun Photos/Robert Bosworth





NORTH QUINCY tri-captain Daithi Quinn excites Raider nation seated in the student stands with a thunderous slam dunk in NQ's 85-62 win over Northampton in the Div. 2 tournament last Saturday night at North Quincy High School. The #8 seeded Raiders hosted #9 Walpole Wednesday at 7 p.m. in the round of 16. Quincy Sun Photos/Robert Bosworth

North Bounces Northampton 85-62 In Div. 2 Tourney

*8 Seeded Raiders Hosted
#9 Walpole In Round Of 16
Wednesday At 7 PM*

By TOM JOYCE for the North Quincy High
Call it a dominant win boys' basketball team.

The Raiders had no issue taking down Northampton High in the MIAA Division 2 Round of 32. The Raiders hosted Northampton last Saturday night and picked up an 85-62 win, in part thanks to a dominant fourth-

quarter performance. With the win, they improved to 18-4 on the season and advanced to the Round of 16. The #8 Raiders hosted #9 Walpole Wednesday at 7 p.m.

The Raiders had plenty

of success in the first two quarters and went into halftime with a 43-34 lead.

The first quarter was highly competitive. However, the Raiders exited it with a 19-17 lead.

The Raiders took the lead

in the first with 8.3 seconds left. Colm Geary hit a pair of free throws, breaking the tie.

However, to start the first quarter, the Raiders had a sizable lead. They started

Cont'd On Page 22



NORTH QUINCY'S KOBE NGUYEN fires a pass through the outstretched hands of Northampton's Jack Kelleher-Mochak in the Raiders' 85-62 win over the Blue Devils. North Quincy advanced to the round of 16 and hosted #9 Walpole Wednesday at 7 p.m.



NORTH QUINCY'S DYLAN CLIFFORD looks to pass after grabbing a defensive rebound in the Raiders' 85-62 win over Northampton in the Div. 2 tournament.

Presidents Bounce BL, Bow To Masconomet In Div. 2



QUINCY HIGH SCHOOL varsity ice hockey captain Joseph Hennessy controls the puck in front of the Boston Latin bench last Saturday in a Div. 2 tournament matchup at Quincy Youth Arena. Hennessy notched two goals for the Presidents and scored the winning goal in overtime to give Quincy a 6-5 win. With QHS on a powerplay, Hennessy scored 51 seconds into overtime for the victory. Quincy (seeded #13) advanced in the tournament but bowed to #4 Masconomet 5-1 Monday at Haverhill Valley Forum. The Presidents finished their season with a 12-8-2 record.

Quincy Sun Photos/Larry Carchedi

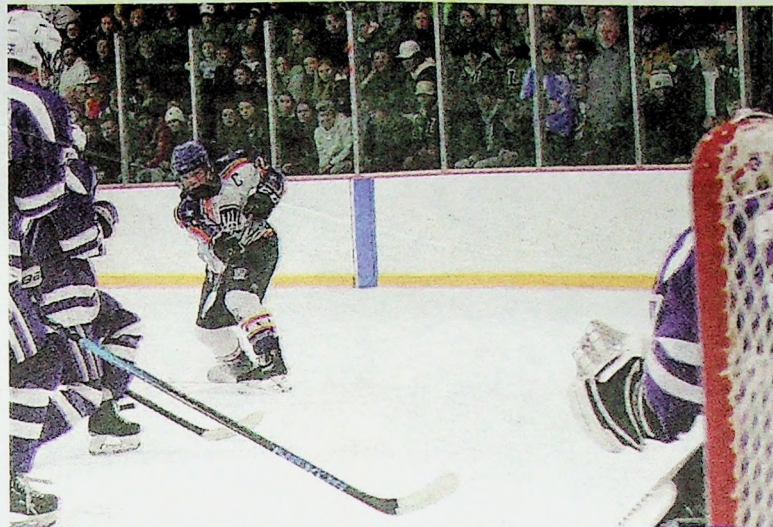


WITH MANY FRIENDS and family looking on Quincy senior Lukas LaMonica looks to move the puck up ice in the second period.



QUINCY SENIOR Will Martin tries to get a wrap around shot with Boston Latin's Tim McGrath in close pursuit. He did not score on this attempt, however he tallied two goals in the game. QHS emerged in an thrilling overtime 6-5 victory.

QUINCY'S Jerry Caldwell and Boston Latin's Ben Young battle for control of the puck in the second period. The game was played with high intensity all night with both teams exchanging the lead throughout. Latin jumped ahead on multiple occasions, but QHS kept the pressure on always tying up the game. Ultimately, a penalty on Latin right at the end of the third period put QHS on a powerplay in overtime, when Quincy ended it in under a minute.



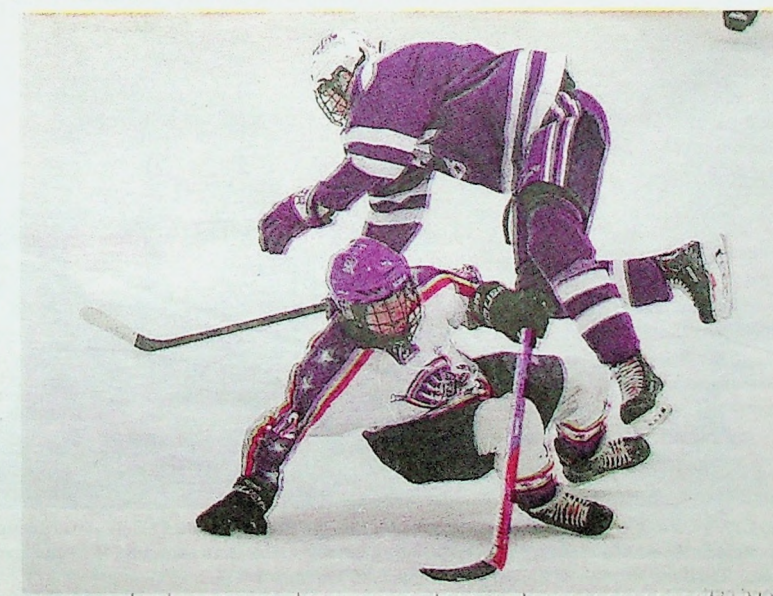
SENIOR CAPTAIN Tim Kelly puts a shot on goal in the first period against Boston Latin last Saturday night at Quincy Youth Arena. The Presidents had the edge in play in the first period, scoring two goals taking a 2-1 lead into the second period.



QUINCY SENIOR goaltender Daniel Freeman blocks a shot in the second period. Freeman made some key saves to keep his team within a goal in the second period as Boston Latin scored three times.



QUINCY JUNIOR Cameron Quigley skates through a line of Boston Latin players in the first period. Both teams played a tighter style of hockey and didn't open up until the end of the first period. Quigley tallied two goals in a 6-5 win for the Presidents.



Gormley (56 Points) Powers NQ Past Masco

Cont'd From Page 16

One of those points came on an and-one following a basket. The others came on shots from two-point range, primarily layups. Then, Bridget Capone got on the board for the Raiders with her first basket of the day. And Gormley added another free throw to give her team a 19-7 lead.

With just over a minute left in the first quarter, Masconomet responded; the team hit a layup. Then, the Raiders closed the first quarter on a 7-0 run.

Gormley had a layup. Then she stole the ball in Raiders territory and hit a three-pointer. Before that, however, Caroline O'Donnell started the run with a basket. She grabbed an offensive rebound under the net and put the ball into the basket with her shot attempt. At the end of the first quarter, the Raiders led 26-9.

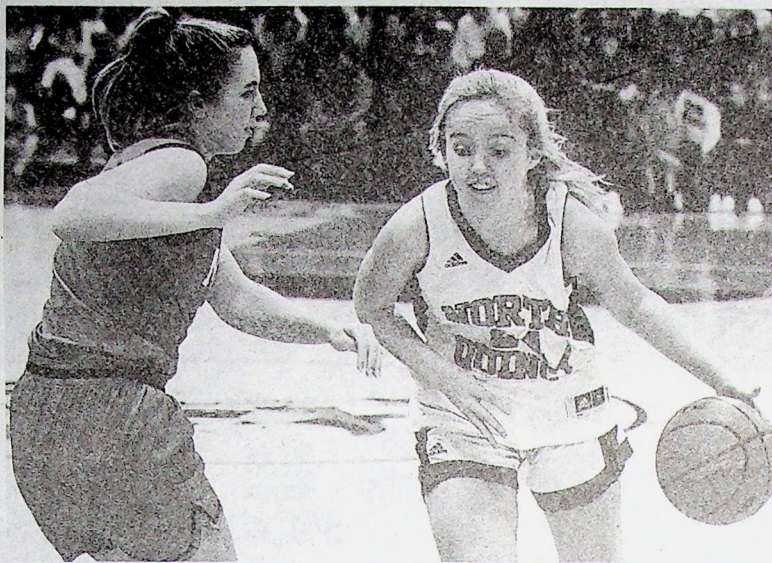
The Raiders continued to build on that lead in the second quarter, finishing the first half with a 27-point lead: 48-21.

Gormley extended the Raiders' lead to 20 points, 31-11, with a basket about two minutes into the second quarter. Her offensive prowess continued as she hit a three-pointer less than a minute later; it was her second three of the second quarter.

However, the best performance of the second quarter for the Raiders came in the second half of it. Masconomet cut its deficit to 18 points, 36-18, with about four-and-a-half minutes left in the third. The Raiders finished the quarter on a 12-3 run, giving themselves some breathing room. On the run, Masconomet's points came separately; they hit a layup and later hit a free throw. Gormley did the bulk of the scoring for the Raiders. Notably, she hit a three-pointer with just a few seconds left in the first half, extending her team's lead to 27 points.

Since the Raiders went into the second half with a 27-point lead, they had no issue protecting their lead. It didn't matter that they were outscored by Masconomet because they had such a large lead.

While Masconomet trimmed the deficit and only trailed by 22 points, 67-45, after three quarters, the Raiders were dominant once again in the first half of the fourth quarter. They started it on a 9-1 run in which Gormley hit her final basket of the game. This gave the Raiders a 75-46 lead. The Raiders were able to give their reserves some additional playing time in the second half.



NORTH QUINCY'S AVA McGRATH dribbles past a Masconomet defender in the Raiders' 80-57 win the Div. 2 tournament Saturday. NQ hosted Pentucket Wednesday at 5 p.m. in the round of 16.



TRI-CAPTAIN BRIDGET CAPONE controls a loose ball in the Raiders' 80-57 win over Masconomet last Saturday at NQHS.



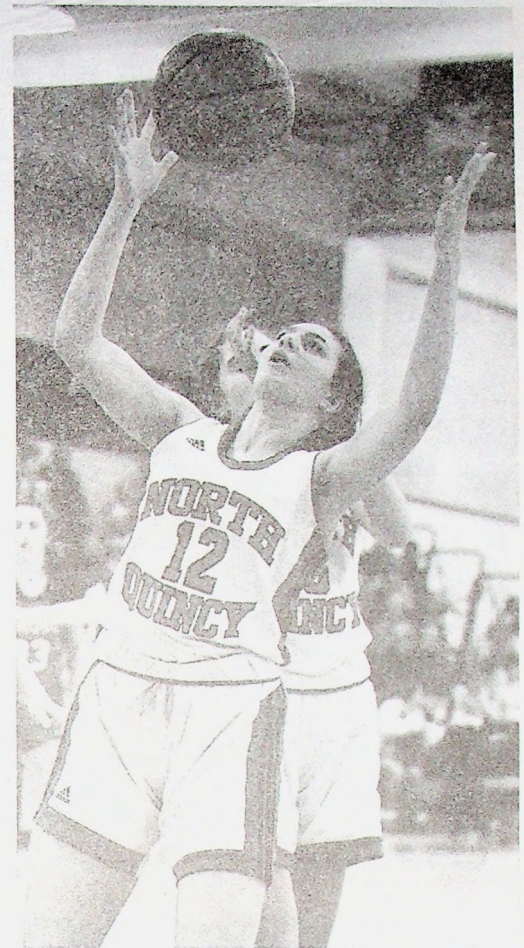
NORTH QUINCY'S JILLIAN JAEHNIG brings the ball up court for the Raiders against Masconomet.

The reason the Raiders played a North Shore team in the first round of the tournament is that the MIAA changed its postseason format. The playoff tournament now has a statewide bracket. The sectional round is gone. Instead, teams from any part of the state can face one another, provided they are in the same division and both

made it to the postseason.

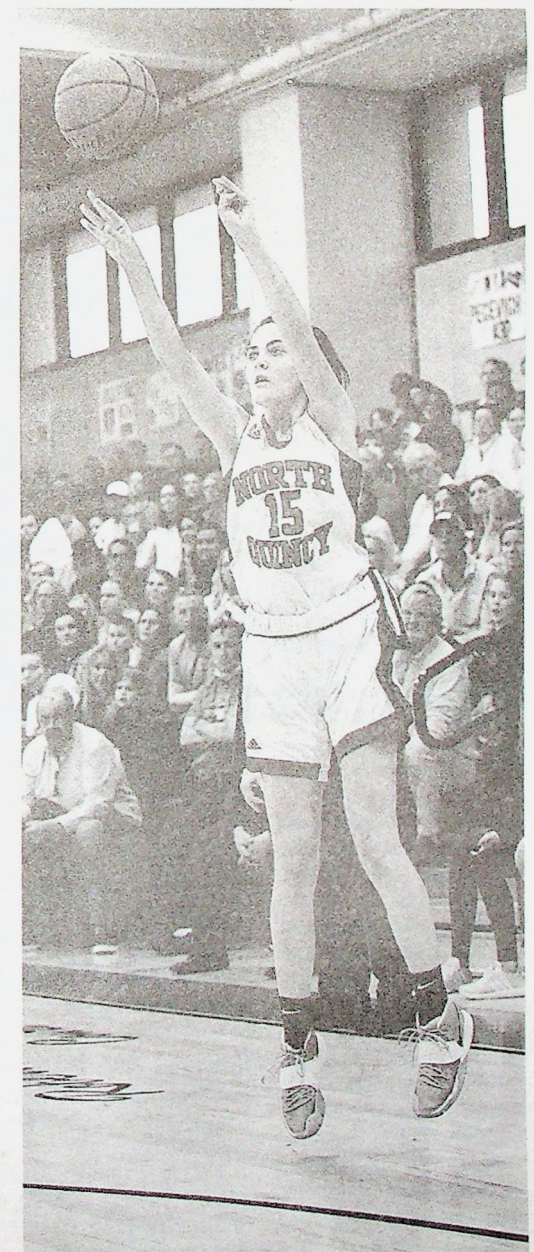
The roster for the Raiders this season includes: junior guard Mollie Nelson, junior guard Marybeth Smith, sophomore guard and captain Orlagh Gormley, senior guard Sara Joma, junior forward and captain Bridget Capone, sophomore center Autumn O'Campos, sophomore guard and captain Ava

Bryan, senior guard Stephanie Huang, sophomore forward Jillian Jaehnig, sophomore guard Molly Toland, junior guard Keira Murphy, sophomore guard Ava McGrath, junior center Mia Peceovich, sophomore guard Ruby Ahern, and sophomore forward Caroline O'Donnell. The team's head coach is Matt Ramponi.

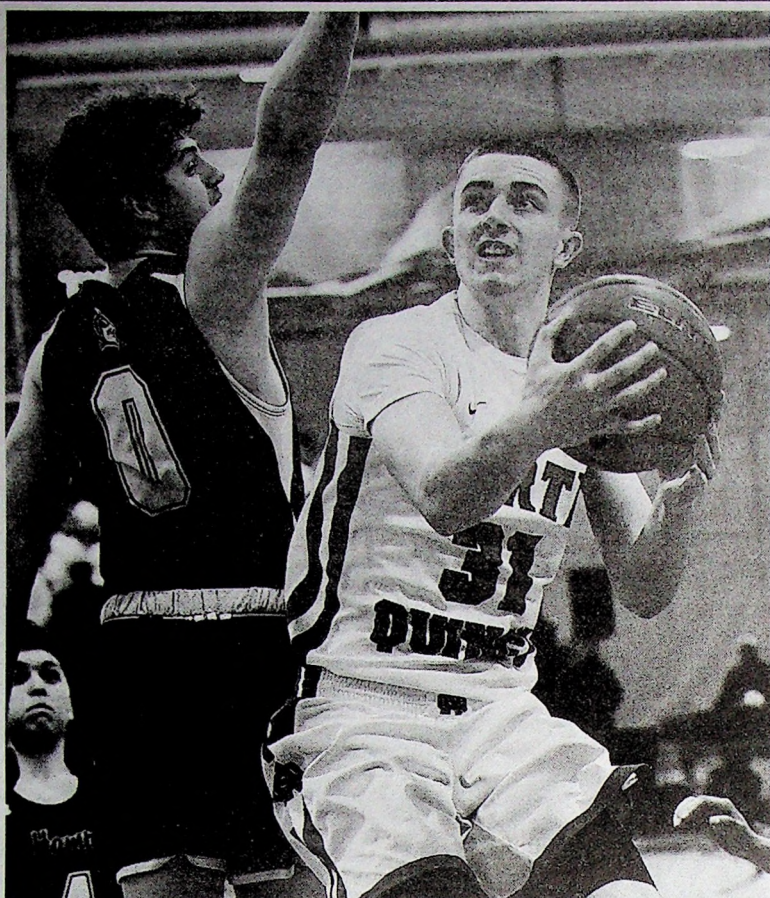


NORTH QUINCY'S AUTUMN O'CAMPOS reaches for a rebound against Masconomet.

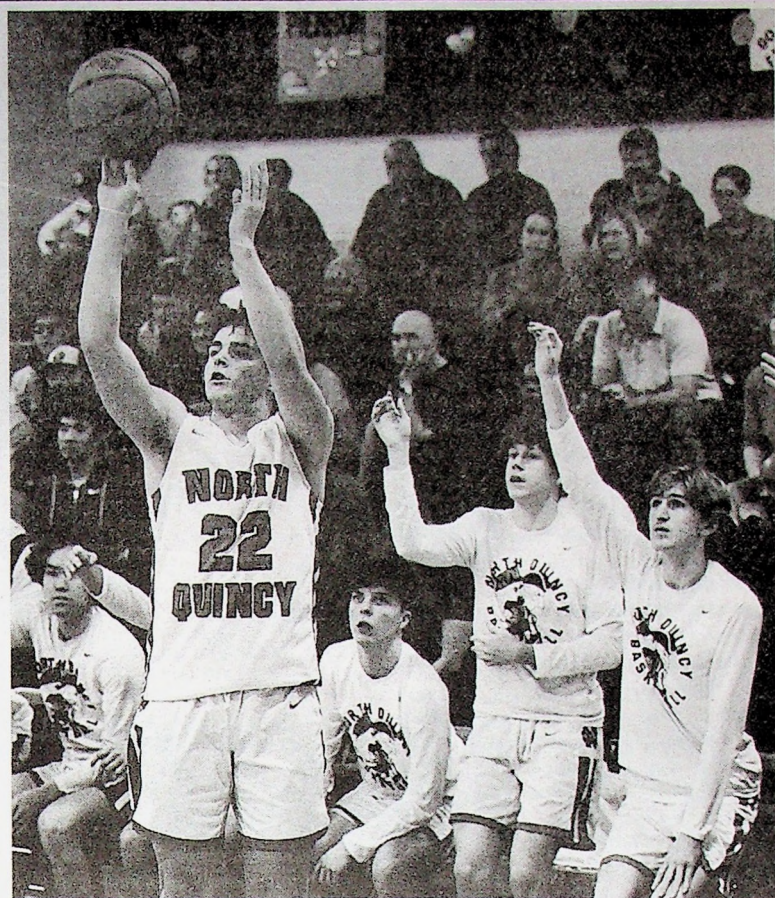
Quincy Sun Photos/Robert Bosworth



TRI-CAPTAIN AVA BRYAN launches a three-pointer for the Raiders against the Lady Chieftains of Masconomet Regional High School.



NORTH QUINCY'S ZACH TAYLOR eyes a basket for the Raiders against Northampton.



NORTH QUINCY'S NATE CALDWELL tosses a three-pointer as teammates watch closely from the Raider bench.

Quincy Sun Photos/Robert Bosworth

North Bounces Northampton 85-62 In Div. 2 Tourney

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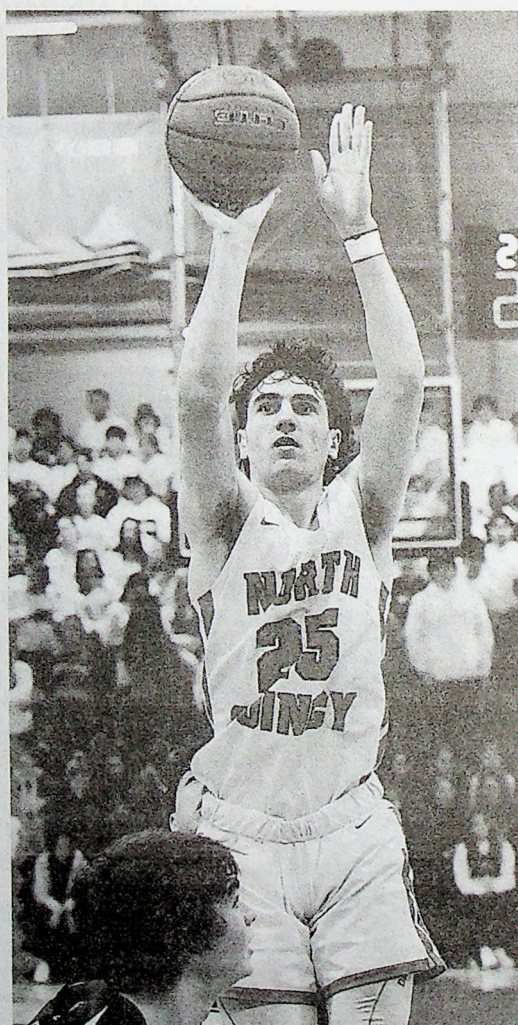
the game on an 11-0 run that included seven points from Daithi Quinn (25 points). On the 11-0 run, Quinn had a dunk, a three-pointer, and a two-point basket. Additionally, freshman Kobe Nguyen had a pair of layups on the run; all of this happened in the first 3:10 of the game.

Northampton responded with a 9-0 run of its own, making it a two-point game. From there, the first quarter was evenly matched.

The Raiders were able to establish some momentum in the second quarter. Ethan Gao (15 points) started it off by scoring on a steal and a layup as the Raiders started the quarter on a 7-1 run. While Northampton hit a free throw, Quononuw Scott (11 points) hit a layup and Gao sank a three-pointer with six minutes remaining. It was Gao's first of two three-pointers in the quarter.

Midway through the second quarter, the Raiders had a 7-0 run that gave them some breathing room. Scott started it with a basket and a free throw after getting fouled. Then, Dylan Clifford hit a basket after grabbing an offensive rebound. And Quinn capped the scoring run off with a pair of free throws following a dunk attempt.

Northampton countered with a 10-2 run, hitting a pair of three-pointers, two free throws, and a layup in a span where the Raiders only had one layup. The run brought Northampton within five points. However,



NORTH QUINCY TRI-CAPTAIN Daithi Quinn scores two of his team-high 25 points against Northampton.

Nate Caldwell hit a pair of free throws and Quinn sank a layup before the quarter ended.

The third quarter was about evenly-matched. However, the Raiders ended up out-scoring their foe after Caldwell hit a three-pointer in the final minute of it. The Raiders took a 66-56 lead

into the fourth quarter.

And the fourth quarter is when the Raiders pulled away.

After Northampton hit a free throw, the Raiders went on a 12-0 run. On the run, Gao hit a deep two-pointer and then a pair of free throws after Clifford hit a layup. Scott and Quinn



NORTH QUINCY'S QUNONUW SCOTT plays strong defense as Northampton's Nate Kelleher-Mochak tries to get off a shot.

finished up the run by each hitting a pair of free throws. Quinn's second free-throw about halfway through the fourth quarter gave the Raiders a 78-57 lead.

By this time, Northampton didn't have enough time to make a comeback. The team scored eight points, but the Raiders added seven more. The Raiders' final points came on a three-pointer from sophomore Will Conley; they were the first points of his varsity career.

The reason the Raid-

ers played a Western Massachusetts team in the first round of the tournament is that the MIAA changed its postseason format. The playoff tournament now has a statewide bracket. The sectional round is gone. Instead, teams from any part of the state can face one another, provided they are in the same division and both made it to the postseason.

The roster for the Raiders this season includes: junior guard Alex Pham, senior guard and captain Nikko Mortel, junior guard

Joe Bates, freshman guard Kobe Nguyen, senior guard Danny Bellotti, senior guard Ethan Gao, junior guard Nate Davis, junior forward Jerald Mortel, junior guard Nate Caldwell, senior forward and captain Colm Geary, junior forward Dylan Clifford, sophomore forward/guard and captain Daithi Quinn, junior guard Zach Taylor, senior forward Luke Pierron, and senior guard/forward Quononuw Scott. Their head coach is Kevin Barrett.



HATIM BOUKHTAM earned second place in the 600m at the New England High School winter track championships. Boukhtam's time of 1:21:33 was a personal record and second fastest among the 24 competitors. He is a senior at Quincy High School.

Photo Courtesy Geoff Hennessy

NQ Hockey Downs BS In Double OT

The North Quincy High School boys' varsity ice hockey team won a thrilling double overtime game last Saturday to advance to the next round in the Div. 3 hockey tournament.

The 24th seeded Raiders - behind the strength of four goals and game-winner by Johnny Lynch - shocked #9 seed Bishop Stang 5-4 last

Saturday night in a game played at Hetland Arena in New Bedford. With the win, North Quincy advanced to play #8 seed Danvers Tuesday night at Essex Sports Center.

Also coming up big in the Raiders' win over Bishop Stang was goaltender Aiden McGuinness who made four key saves on breakaways in

overtime.

The tournament road ended for the Quincy-North Quincy girls ice hockey team last Friday. The #19 seeded Quincy-North Quincy girls' hockey team bowed to #14 Pope Francis 5-4 in Springfield in the Div. 1 tournament. QNQ finished the season with a 12-9 record.

ANHP Seeks Employees For Seasonal Work

Adams National Historical Park is seeking employees for seasonal full-time employment (40 hours per week including weekends and holidays) for recreation fee clerks and technicians at Adams National Historical Park from May 1 until Oct. 30.

To apply, email a resume to Marianne_Peak@nps.gov. Interviews will be scheduled with employment decisions made as soon as possible.

Recreation fee clerk and technician duties include:

Serve as a uniformed representative of the NPS, answering visitor questions

and explaining the area's cultural and recreational opportunities, including NPS interpretive services, bookstore, NPS & State campground availability, hiking trails, etc. Trained to perform assignments following all NPS and U.S. Treasury regulations governing the handling of government funds. Operate an electronic cash register, computer, or Point of Sale (POS) system to conduct financial transactions; perform opening and closing functions; issue entrance receipts, tour tickets, permits, etc. Inventory and/or restock fee program supplies and assist with placing

orders and preparing requisition requests for equipment/supplies needed.

This is a full-time position, Wednesday to Sunday, 8:45 a.m. to 5:15 p.m. Salary is \$19.38 per hour. Applicants must be 18 years of age or older and a U.S. Citizen. Duty station is 1250 Hancock St. at the NPS Visitor Center. As a part of the Federal workforce, the National Park Service and Adams National Historical Park promote diversity, equity, inclusion, and accessibility. The Federal hiring process is set up to be fair and transparent for all candidates.

Latest Proposal For Quincy Center Before Planning Board

Six-Story Building With 215 Apartments, Retail Space At Former Hancock Lot

By SCOTT JACKSON

The Planning Board on Wednesday was set to review a developer's proposal to construct a new mixed-use building on the former Hancock Lot in Quincy Center featuring more than 200 apartments and ground-floor retail space.

The Planning Board met at 5:30 p.m. on Wednesday remotely via Zoom. The full agenda, and instructions on how to access the meeting, can be found on the city's website, quincyma.gov.

LBC Boston is proposing to construct the new mixed-use building at the corner of Hancock Street and Revere Road. The parcels - 1562 and 1570 Hancock St. - contain 15,246 square feet of land in the Quincy Center zoning district.

The applicant's proposal calls for the construction of a six-story building with 215 apartments and 12,330 square feet of retail space on the ground floor.



LBC BOSTON has proposed constructing a six-story building with 215 apartments and 12,330 square feet of retail space at the corner of Hancock Street and Revere Road in Quincy Center. The project went before the city's Planning Board on Wednesday evening.

Rendering Courtesy LBC Boston

A 25,000-square-foot parking garage is also included

in the proposal. The garage would house a total of 66 spaces, according to plans available on the city's website.

The City Council in December 2020 approved a land disposition agreement with LBC Boston allowing the developer to purchase the portion of the Hancock Lot near Mechanic Street and Revere Road - which makes up part of the project site - from the city for \$1.33 million. At the time, a vice president with LBC told the council the company had spent \$4 million to purchase

the commercial buildings at 1562 and 1570 Hancock St.

The same land disposition agreement also allowed LBC to purchase the portion of the Hancock Lot at the corner of Revere Road and Dennis Ryan Parkway for \$3.5 million. The developer has yet to go before the Planning Board with an application for that site.

LBC is no stranger to Quincy Center, having constructed Nova Residences, a 171-unit apartment building at 1500 Hancock St. that opened in 2019.

Among the other items

on the agenda for Wednesday's meeting were a continued public hearing on a developer's request to construct a mixed-use building with 80 residential units, six commercial store fronts and 93 parking spaces at 21-31 Beale St. in Wollaston.

The board was also slated to hold a continued public hearing on a proposed 46-unit condominium building at 17 Bennett Lane, near the Braintree town line, and public hearing on a proposed 28-unit residential building at 29-31 Newcomb St. in Quincy Center.

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NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
2022-041

The Quincy City Council will hold a Public Hearing, on Monday, March 21, 2022, at 7:30 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, G.L. C. 30A section 20, The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access.

NEW ENGLAND POWER COMPANY requests permission to locate manholes, wires, and ducts including the necessary sustaining and protecting fixtures along the following public ways:

Newport Avenue, Southern Artery, and Morrison Street
Install electric cables in an underground duct bank extending from a manhole (Manhole #2) located proximate to the southwesterly corner of the intersection of Newport Avenue and West Squantum Street and extending southerly approximately 7,950 feet to the intersection of Newport Ave and Furnace Brook Parkway. The cables also extend southerly approximately 3,370 feet along Southern Artery from the intersection of Southern Artery and Furnace Brook Parkway to the intersection of Southern Artery and Morrison Street, and easterly approximately 565 feet along Morrison Street, crossing Field Street (40') and terminating at the Field Street Substation.

Wherefore it prays that after due notice and hearing as provided by law, it may be granted a location for and permission to install and maintain manholes, ducts and wires together with such sustaining and protecting fixtures as it may find necessary. Said manholes and ducts to be installed substantially in accordance with the plan filed herewith marked: National Grid North Quincy Cables Project – Grant of Location, Sheets 1 to 16.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock St., Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on March 21, 2022 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is on back page. For those without access to Zoom, directions for access via telephone are also on back page.

Join Zoom Meeting -

<https://us06web.zoom.us/j/83718988993?pwd=MEhLK0VCSHBRZVNGTWZvUzdrQlZMUT09>

Meeting ID: 837 1898 8993 Passcode: 037404

Dial by your location – 312-626-6799 US (Chicago) – 929 436 2866 US (New York)

Meeting ID: 837 1898 8993 Passcode: 037404

Find your local number: <https://us06web.zoom.us/j/kbnhq9KLvX>

Nicole L. Crispo
Clerk of the Council

3/10/22

INVITATIONS TO BID

INVITATIONS TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

PUBLIC WORKS REFLECTIVE PAVEMENT MARKINGS MARCH 24, 2022 @ 11:15 a.m.

The work shall consist of the painting white and yellow Reflective Traffic Lane Lines on various streets in the City of Quincy during the life of this Contract.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

Bids must state exceptions, if any, the delivery date and any allowable discounts. Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The successful bidder will be required to conform to the payment of Prevailing Wage Rates, as determined by the Commissioner of Labor & Industries under the provision of M.G.L. Chapter 149, Section 26 to 27D as amended

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, Mayor
Kathryn R. Hobin, Purchasing Agent

3/10/22

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **ROAD IMPROVEMENTS 2022 - CONTRACT #2** until 11:30 a.m., local time **Thursday, MARCH 24, 2022** in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract consists of: Full depth reclamation, installation of new base and top courses; installation of new bituminous sidewalks, installation of new cement concrete sidewalks, resetting of existing granite curbing and installation of new granite curbing. Installation of loam and seed is required and all related work to complete the project. Full depth reclamation, installation of new base and top courses; installation of new bituminous sidewalks, installation of new cement concrete sidewalks, resetting of existing granite curbing.

The Contractor must demonstrate to the City of Quincy their ability to perform on the site, and with its own organization, work equivalent to at least 40% percent of the total amount of work to be performed under the contract.

All work under this contract shall be substantially complete by November 1, 2022 and All work shall be ready for final pavement by November 15, 2022.

MassDOT prequalification of contractors with the class of work as: **HIGHWAY CONSTRUCTION**, for the project with an estimated value of \$6,412,511.18

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available March 9th, 2022.

Each bid shall be accompanied by a bid security in the amount of five percent (5%) of the total value of the bid in the form of a bid bond or certified/treasurer's check.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor

Kathryn R. Logan
Purchasing Agent

3/10/22

MA House Passes Legislation To Boost Offshore Wind Development

In an effort to meet the Commonwealth's climate goals of achieving net-zero emissions by 2050, the House of Representatives passed legislation March 3rd to further develop the offshore wind industry in Massachusetts. The legislation will also modernize Massachusetts' electrical grid and energy storage infrastructure, and create thousands of new jobs.

"I'm immensely proud of the steps that the House took today to ensure Massachusetts remains at the forefront of renewable energy development," said House Speaker Ronald J. Mariano (D-Quincy). "Not only will this legislation help us reduce our carbon emissions and combat climate change, it will also spur economic development, modernize our energy infrastructure, and create thousands of new jobs in the process. I want to thank Chairman (Jeffrey) Roy for his hard work in advancing this legislation, as its passage today was undoubtedly a critical step in the right direction."

"This legislation ensures that wind energy is a permanent part of our energy portfolio here in Massachusetts," said state Rep. Tackey Chan (D-Quincy). "As we continue to diversify our renewable energy options with aims toward achieving our roadmap goals for clean energy and carbon emissions, we are also investing in workforce development and training programs to provide employment opportunities for local workers and businesses."

"Once again Massachusetts establishes itself as a leader on climate resiliency and renewable energy," said Rep. Bruce Ayers (D-Quincy). "Not only will this landmark legislation keep the Commonwealth at the forefront of green energy, but it also is an economic driver that will create jobs and result in cost savings for families and businesses across the state."

"An Act advancing offshore wind and clean energy" (H.4515):

- Makes the Massachusetts offshore wind bidding process more competitive by removing a current price cap that requires bids to be less expensive than previous procurements that has deterred companies from participating in the procurement process. Future procurements would now include economic development, employment, and environmental and fisheries mitigation benefits.

- Invests hundreds of millions of dollars over the next decade in infrastructure, innovation, job training, supply chain capacity, and transmission upgrades. The legislation consists of tax incentives, grants, loans, and other investments.

- Requires utility companies to proactively upgrade the transmission and distribution grid to improve reliability and resilience and accommodate the anticipated significant shift to renewable forms of energy.

- Invests in long-term energy storage to help the Commonwealth's transition to renewable energy.

- Provides thousands of good-paying jobs with a focus on ensuring access and opportunity for everyone.

- Creates a DESE high school offshore wind credential training pilot program through which DESE would reimburse school districts for each student that obtains the credential.

The legislation creates parity between electric and natural gas, imposing a charge for natural gas consumers to support renewable energy, similar to the charge electric customers currently pay. At a little over \$1 a month for the average customer, this is estimated to collect \$23 million a year over the next 10 years to support the Commonwealth's transition to clean energy. By diversifying Massachusetts' energy portfolio, Massachusetts will become more energy independent and less reliant on imported natural gas that is susceptible to volatile price spikes, thereby helping to stabilize ratepayer bills in the long term.

"I am thrilled that today the House passed legislation crucial to the development of a strong offshore wind industry in Massachusetts," said Representative Jeffrey N. Roy (D-Franklin), House Chair of the Joint Committee on Telecommunications, Utilities, and Energy. "Massachusetts waters have the greatest offshore wind potential out of the contiguous U.S., and this legislation will ensure that the Commonwealth is prepared to harness that energy while also creating a just and robust local economy, educational opportunities for our residents, and critical upgrades to our energy infrastructure without causing undue harm to our coastal habitats or maritime industries."

"An Act advancing offshore wind and clean energy" (H.4515) passed the House of Representatives 144-12. It now goes to the Senate for their consideration.

CLASSIFIEDS

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PERSONAL THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. B.B.	PERSONAL THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. M.F.	HELP WANTED NANTASKET BEACH RESORT • Catering Sales Manager • Engineering Manager • Human Resources Manager • Accounting Coordinator • Housekeeping Supervisor \$23 • Houseperson \$20 • Shift Engineer \$21 • 3rd Shift Engineer \$22 Come and join our GREAT Team! FT/PT positions. Opportunity for pay increase after 90 days and 1 year, paid time off, and benefits! APPLY: Nantasket Beach Resort 45 Hull Shore Drive, Hull, MA or newporthotelgroup.com	PERSONAL THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA J.D.		
QUINCY ROTARY ROTARY SCHOLARSHIP FUND for Quincy & North Quincy Seniors Donate any amount to: Quincy Rotary, P.O. Box 692178, Quincy, MA 02269					

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Here are stores in Quincy
that sell it on their newsstands:

GOODIE'S STORE 1250 Hancock St., Presidents Place	DAILY MART 291 Quincy Ave.	COPELAND LIQUORS 273 Copeland St.	SUPREME LIQUORS 615 Hancock St.
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HANCOCK MARKET 1520 Hancock St.	WALGREENS 418 Quincy Ave.	JOE'S PLACE 260 Centre St.	STOP & SHOP 65 Newport Ave.
MIGNOSA'S FRUIT BASKET 138 Granite St.	ARTERY GROCERY 1000 Southern Artery	CORNER FOOD MKT. 1060 Hancock St.	7-11 363 Hancock St.
STAR MARKET 130 Granite St.	7-11 495 Washington St.	200 FOOD MART 200 Sea St.	WALGREENS 324 Hancock St.
WALGREENS 132 Granite St.	DAIRY FARM 330 Washington St.	ADAMS SHORE SUPERMARKET 494 Sea St.	SAM'S VARIETY 125 Billings Rd.
FRANKLIN ST. BP 60 Franklin St.	7-11 230 Washington St.	PALMER STREET MKT. 231 Palmer St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
7-11 78 Franklin St.	STOP & SHOP Southern Artery	BERNIE'S GENERAL STORE 1147 Sea St.	5 CORNER FOOD MART 163 Newbury Ave.
SHOP N SAVE LIQUORS 20 Independence Ave.	CVS Southern Artery	WEST ELM VARIETY 139 W. Elm Ave.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
ADAMS VARIETY 22 Independence Ave.	WALGREENS 550 Adams St.	7-11 721 Hancock St.	CARMINE'S CAFE 69 Hucksins Ave.
DONUT + DONUTS + MUFFINS 33 Scammell St.	7-11 650 Adams St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.	7-11 751 E. Squantum St.
PRESIDENTIAL LIQUORS 25 Scammell St.	VILLAGE COMMON MARKET 100 Willard St.	CVS 42 Beale St.	LUCKY SHAMROCK 265 Beale St.
	GRANITE MART 308 Willard St.	COFFEE BREAK CAFE 12 Old Colony Ave.	EVEREST MARKET 121 Standish Ave.

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☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.

5-10 WEEKS

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 - ☐ Wanted
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 - ☐ Instruction
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NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.
DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

OBITUARIES

Robert B. Robbs, 58

Robert Bruce Robbs, of Quincy, formerly of South Boston, died on Monday, Feb. 28, 2022. He was 58.

Born in Dorchester on Sept. 10, 1963, Robert was the son of the late Florence O. Langley and Stephen McNeil. Robbie was raised in South Boston, attended local schools, and graduated from South Boston High School with the Class of 1981. Robbie was a strong supporter of the Unions, and retired as a member of Boilermakers, Local 29. Though he retired early, he remained a lifelong proponent of the union and devoted his days to supporting the field, and his countless friends in the union.

Robbie's legacy is best known through his relationships: with his friends from far and wide, and most of all, his family. There wasn't anything "Bobby" wouldn't do for the people he loved, and his family knew this and felt this every single day, in the



ROBERT B. ROBBS

Robbie Robbs way: tough yet true love, unmatched lasagna, and an infectious laugh you could never forget. Robbie will be missed dearly by all the lives he touched.

Robbie was the beloved husband of Carla Sanilita (Undag) Robbs of Quincy. Robbie and Carla were married on July 3, 2003, and have been inseparable since. He was the devoted father of Jillian M. MacTaggart and her husband Mark of Saugus and the loving "Papa" of Mark and Declan MacTaggart. Robert was the dear brother

of Lee, Ron, Russ, Eleanor, and Sandra. He is also survived by many loving nieces and nephews, to whom he remains an unparalleled father figure and friend.

Friends and all who knew Robbie through the many phases of his life are respectfully invited to greet the family during the visiting hours on Wednesday, March 9, 2022, 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 9:30 a.m. on Thursday, March 10, 2022, prior to the Funeral Mass at Divine Mercy Parish in St. Ann's Church, Quincy at 10:30 AM.

Services will conclude with interment and United States Army Military Honors in Cedar Grove Cemetery, Boston.

See Keohane.com for directions and online condolences.

Margaret E. McCarthy, 59

Margaret E. "Peggy" McCarthy, age 59, of Malden, formerly of Quincy, died suddenly, Friday, February 25, 2022.

Peggy was born and raised in Quincy's Houghs Neck. She was a graduate of Notre Dame Academy in Hingham, Class of 1980, and Northeastern University in 1984. She lived in Malden for over twenty-five years, previously in New York City and Quincy.

She was currently employed as an executive assistant for the chief information officer of The Akamai Company of Cambridge. Previously, Peggy had worked for Camp Dresser and McKee of Cambridge and the Benetton Clothing Store on Boston's Newbury Street. As a young woman, Peggy worked for several years as a stewardess for the former Pan American World Airways and was



MARGARET E. MCCARTHY

based in New York City, a job she truly loved.

Peggy and her companion, Mark, treasured trips to Booth Bay Harbor, Maine, as well as various vacation destinations in Southern Maine. She also enjoyed trips to her family's home in Naples, Fla.

Most of all, Peggy relished spending time with family and friends.

Beloved daughter of the late Francis L. and Marie A.

(Collins) McCarthy.

Loving companion for many years of Mark Gelo of Concord.

Devoted sister of Mary K. Aepelbacher of Weymouth, David F. McCarthy and his wife Rosanne of Quincy.

Cherished aunt of many nieces and nephews.

A Funeral Mass was celebrated in Holy Trinity Parish at Most Blessed Sacrament Church, 1015 Sea St., Quincy, on Monday. Interment at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Peggy's memory may be made to Holy Trinity Parish, c/o 227 Sea St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Jean Hettman, 69

Jean (Bithoney) Hettman passed away at home on March 4, 2022 at the age of 69 after a courageous battle with pancreatic cancer.

Jean was raised in the South End of Boston. She moved to Quincy with her husband, where they raised their three children. Jean began her career as a secretary for Boston City Hospital's Radiation Physics. She retired from Boston University, where she worked as an administrative manager for Student Health Services.

Jean was a loving wife,



JEAN HETTMAN

mother, and grandmother. She is survived by her husband of 50 years, Steve; her daughter Jennifer and husband Jason Snyder; her

daughter Andrea and husband Adam Jurewich; her son Stephen Hettman and wife Mary; and her grandchildren, Kayla Hettman, Joseph Hettman, Thomas Jurewich, and Ivan Jurewich.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Friday, March 11, 2022 from 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Wollaston. A Celebration of Life Service will be held on Saturday, March 12 at 10:30 a.m. followed by her burial in Mt. Benedict Cemetery, West Roxbury.

See Keohane.com for directions and online condolences.

Diane E. Cavanaugh, 89

Diane E. (Coolbrith) Cavanaugh, 89, of Sandwich formerly of Quincy, MA passed away on March 4, 2022. She was the loving wife of 64 years to the late George F. Cavanaugh, Jr. who passed in February 2021.

Diane was born and raised in Boston, the daughter of the late George, and Olive (Baker) Coolbrith. She lived in Quincy before moving to Sandwich 25 years ago.

Diane was a devoted wife and mother. She enjoyed much in her life especially being with her loving family, and her grandchildren. Her and her husband George would frequent the Cape Cod Canal and would

watch the boats pass by, and just watch the environment together, sometimes other family members would go along as well. She also loved just being at her home in Sandwich watching all the different birds come to her feeders.

Diane is predeceased not only by her husband but; her sister Leslie Dean of Sandwich, MA; and daughter in law Stacy Cavanaugh. She is survived by her daughter; Susan M. Hannon (husband Peter) of Middleboro, MA, son's; Mark Cavanaugh (wife Claire) of Braintree, MA, and David Cavanaugh of Petal, MS. She is also survived by her grandchildren Julie C. Ellis (husband Pat); Billy Cavanaugh; Ed-die Swindoll (wife Jennifer) and Abby Swindoll Allen (husband Ian) and 3 great-grandchildren. As well as her brother Gerald Coolbrith (wife Judy) of Ux-

bridge, MA, and her brother in law John Dean of Sandwich, MA.

A Funeral Service will be held on Thursday, March 10, 2022 at 11 a.m., Visitation will be prior from 10-11 a.m., at Nickerson-Bourne Funeral Home; 154 Route 6A, Sandwich, MA. Burial will follow at Massachusetts National Cemetery, Bourne, MA.

In lieu of flowers memorial contributions may be made in Diane's name to the Alzheimer's association, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601. Or to Hannon Foundation at Hannonfoundation.org or Hannon Foundation Inc., 117 Eastman St. S. Easton, MA 02375.

For directions & online condolences, or to share a memory, please visit nickersonbournefuneralhome.com.

In Loving Memory

On Your 4th Anniversary

MALCOLM S. MACNEIL



Not a Day goes by without thinking of You.

Love and Miss You Always,
Joanne, Laura, Brian & Kate, John & Patty,
Matt & Stacey
and all the grandchildren

In Loving Memory on Your Birthday

Walter H. Andrews



March 15, 1932 - January 17, 2020

Until we meet again, we think about you always, we talk about you still.

You have never been forgotten and you never will.

We hold you close within our hearts and there you will remain,

To walk and guide us through our lives until we meet again.

Sue, Paula, Brian, Brian Andrew, Emma, Casey, Lori, Scott, Chris, Kim, Sean, Dan & the late Annmarie

In Loving Memory



You left us 1 year ago Dad, on your birthday, to finally be with Mom who God called home 13 long years ago!

A piece of us went with you both, our lives are not the same. Our world was changed forever, the day God called your names!

Missed and loved every day!

Jack, Pattie, Ed, Shmoe, Meg, Chris,

Tricia, Brian & grandchildren

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Gertrude MacKenzie

The Lord embraced the light of Gertrude MacKenzie on Feb. 18, 2022, and Heaven is now shining brighter for all of us. Her love created a sense of warmth and safety that stitched together the fabric of a family for four generations. She was always there for the people she loved, with a comforting smile, playful laugh, or shoulder to cry on. She provided simple solutions to complex problems, which often were more insightful and convincing than the most profuse arguments. For her family, she was the heart, and her home was Home. It was first purchased after emigrating from Germany at 4 years old, and the hand basket she brought with her across the Atlantic remains by her armchair filled with Hershey's Kisses. Many summer afternoons were spent on the back porch, where she often reminisced on her father, Karl Lutz, walking around the corner to greet her. In the backyard, her Mother, Karona, and brother, Karl Jr., would often join him to have a cookout, work in the garden, or play catch.

Gertrude met her husband, Francis MacKenzie, at a young age in a park after he threw a snowball at her. This struck her as an intriguing display of affection, and from then on, the two were life mates. He moved in with her family at a young age and regarded it as his own, confirming this by asking to marry Gertrude before joining the Army as a Sergeant Gunner. After World War II, he returned to her and took his station as the Commander of the Quincy Veterans Council. The couple expanded the family with a son, William MacKenzie, and a daughter, Doris MacKenzie Ehrens. Both left as adults, but Doris returned to raise her Son, whom Gertrude adored from the beginning.

The household collective created an ideal environment of nurture and support, where every effort was poured into producing a bright future for Gertrude's Grandson. While Doris worked, most days Gertrude would tend to him after school. The day to day routine was very positive and produced excellent results in both academics and sports, but the Holidays were special. Gertrude was the host at the Home every year, and enjoyed having the nicest Christmas decorations on the block. Oh, how she would glow during this time of year! Others came and went, but the core family always celebrated together. She would attend a Church service with her Grandson and then go on a long car ride to look at Christmas lights so "Santa" could come. After opening gifts, each family member had a favorite Christmas

song that would be played. For her final Christmas, she went to Trinity Church in Boston, where she received her last Communion, lit a candle, and joined the choir outside singing Joy to the World.

Gertrude was a giver. When asked what her favorite day of the year was, she answered, "The one with all the presents!" For those who knew her, this was every day, because her gifts were more than material. The feeling created by the genuine way that she offered whatever she had without strings attached, scorekeeping, or expecting anything in return made others want to do nice things for her as well.

For instance, on her 80th Birthday, a large family dinner outing was arranged, so her Grandson taped a sign to the back of his college minivan that read "Honk!! It's my Grandma's 80th Birthday! (she's inside)." For about half an hour people honked and waved, while she asked what the heck was going on. When she saw the sign at the restaurant she laughed, and had fun waving back at people on the return trip. The sign is still hanging in her basement. Another memorable experience was spending her 100th Birthday atop the Empire State Building. Her joyful countenance moved a staff member to tears, after which the highest floor was closed off as private and she

received a personal escort up so she could have her moment on top of the world.

Every Birthday was highlighted by a homemade cake using her Father's recipe, which to this day remains with her Grandson.

The bond between Gertrude and her Grandson blossomed, grew, and matured. She was his main caregiver as a child, and as she grew older, he reciprocated. Both found a simple pleasure in each other's company, which outweighed the associated responsibility. Throughout her Grandson's youth, she would drive him to any activity that piqued his interest without hesitation, making sure that he washed his hands when he returned. Cooking was her least favorite chore, but would make meals that took hours and set aside a separate gravy boat for him. She would instruct him to say grace before eating and sing to him before bed. As she grew older, he cooked the same meals even though she would just eat a bite, ensuring that she too stayed clean. In the morning he would brush her hair, in the afternoon would play cards or do crossword puzzles with her, and in the evening he would watch Friends with her. He would sing to her, pray with her, and say goodnight the way she did for him as a child. Every week he would bring her fresh flowers. One thing that changed from her



GERTRUDE MacKENZIE

Grandson's childhood to adulthood, however, was her affection for dogs. As years passed, her Grandson's dog, Rocky, became just as much hers.

Together, her sunset was celebrated by traveling throughout the United States to attend elite Medical conferences, where she gained notoriety and met many leaders in the field of Orthopaedics. She was in a wheelchair throughout these adventures, so a customary side mission on each trip was to find a steep hill to push her up. Each city visited was commemorated with the purchase of a coffee mug to be placed on her "mug wall," and before long there were more cups than wall pegs. In addition, every summer her Grandson took her through Cape Cod, where she had a cottage and boat earlier in her life, and then out on a ferry ride to Martha's Vineyard

for lunch on the porch of the Harbor View Hotel.

Most trips were brief, but Gertrude did have one long vacation just for fun. She spent a February in Miami with her Grandson living at the Decoplage on Lincoln Road across from the Ritz-Carlton. This served as an ideal location for all sorts of excitement within walking distance, but also for road trips throughout the panhandle and Intracoastal Waterways. Most of the time, though, her days were spent sunning poolside, where she was spoiled with food and drinks to the envy of her on-looking peers. Always an independent Spirit, one evening she even took her walker and snuck off to Lincoln Road on her own - just for fun.

As her travels continued, her Grandson gained deeper knowledge that led the duo from the broadest spectrums of Government related Public Health to the most complex subspecialties in Medicine, beginning with the meticulous detail of Hand Surgery, passing through the mechanical ingenuity of Shoulder & Elbow Surgery, and culminating in the crucible of Orthopaedic Sports Medicine. She gained notoriety in this community for holding the record as the oldest AOSM meeting attend-

ee, and met many leaders in professional sports. Her favorite sport was baseball, and her team was the Red Sox. However, she was also a fan of the Yankees and held deep respect for the apex level competition fostered by affiliated Medical staff. She watched every Major League Baseball game she could, but the 2004 ALCS and World Series win was a meaningful occasion for the whole family, whose life events were the subject of a song written by her Grandson.

Gertrude's miracle was the sacrifice of longevity, and to at least one person, she is a Saint. Her Grandson's pledge to continue within the Medical community while she was alive gave her purpose and momentum to endure the flesh far longer than anyone's expectations. She was wanted, needed, and loved all the years of her life for who she was, a woman of unselfish joy that was satisfied with being a good person. She is awaited by her husband, parents, daughter, and brother in a private burial at Mt. Wollaston cemetery on March 1, 2022. Gertrude's unconditional love was inspirational, and her Spirit lives on through her Grandson, Dr. Karl L. Ehrens, M.D. — John 19:30



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THE DOLAN FAMILY
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Senior Use Of Smart Phones, Computers And iPads Is On The Rise

By JOHN GRIMALDI

It turns out that you can teach an old dog new tricks. Just look at how America's seniors have adopted cell-phones, computers and laptops.

Middle age children of today's seniors may soon start complaining that their moms and dads are spending too much time online and on their iPhones, says Rebecca

Weber, CEO of the Association of Mature American Citizens (AMAC).

She notes that the 50-plus set has been adopting technology at a steady rate for years now, but the covid pandemic has speeded things up. A Pew Research study, she points out, shows that 73% of the 50 to 64 set and 45% of Americans 65 and older are familiar with

and use social media sites.

Meanwhile, the Info-comm Media Development Authority [IMDA] tells us that a 2016 survey of seniors 75 years of age and older showed that just 11% of them were using smart phones and the same survey conducted in 2020 showed that senior smart phone usage had skyrocketed to 60%. The same sur-

vey showed that only eight percent of 75-plus seniors were familiar with and used the Internet in 2016 and by 2020 46% of super seniors were regularly online.

A lot of research has been conducted regarding the "hows" and "whys" of technology adoption among the elderly, according to the Journal of Geriatric Mental Health. They show that,

"once their initial resistance of learning new technology was overcome- 'enjoying the experience' of using the mobile phone motivated them to use the device. Other contributory factors were 'heightened self-esteem' when they could perform certain chores by themselves such as paying bills or buying groceries or navigating around, and 'feeling secure' (because of various safety measures available on the cellphone), as well as more realistic, goal-directed outcomes such as information retrieval and communication. In addition, social influence or subjective norm in the theory of reasoned action research also influenced the use of mobile phones. Other studies too have identified different possible motivators for senior mobile phone use, including social influence, safety, security, autonomy, relatedness, and usefulness."

Tiffany Esshaki, who writes for C&G Newspapers, reports that older folk have been slowly but surely embracing the fruits of technology and the pandemic helped speed things up for savvy seniors. Tiffany cites Molly McElroy, a 70 year old resident of Auburn Hills, MI. According to McElroy, "If you, like me, are a senior,

which makes you a high risk for COVID-19, (social media) is how you carry on. You're already limited at some level by age, driving less at night, and now you're isolated. Or are you? Thanks to my hobbies — in-dolence and the Internet — I hardly feel impacted at all."

Ageists will tell you that the elderly are not capable of navigating the intricate pathways of computer and smart phone communication. It's not true. In a scholarly paper by Morgan Van Vleck, a Masters Research Fellow in Aging at Harvey A. Friedman Center for Aging at Washington University, St. Louis, MO, argues that the use of social media and technology by seniors is a welcoming development.

"The growing intergenerational nature of social media has been beneficial in allowing a place for people to build relationships based on common interests rather than age. The future of social media is an intergenerational one, with the aging population only set to increase. Instead of viewing a growing social media use among older adults as the "death" of these sites, it should be viewed as an avenue for possibility that arises when everyone is given a platform," he says.

NOTICE OF PUBLIC HEARING

Case ZBA 22-13

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 22, 2022 @ 5:30 P.M. to consider the application of Robert Zeuli for a Variance/Special Permit/Flood Plain to construct an addition to the premises and convert to a two-family home in violation of Title 17 as amended, Chapter 4.1 (table of dimensional requirements), Chapter 3.4 (nonconforming uses & structures), Chapter 4.3 (yards), Chapter 5.0 (general regulations) and Chapter 8.0 (special districts) on the premises numbered 75 GILBERT STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeal

Time: Mar 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/84102653731?pwd=MGc3OXVPCtQlTy9VeUtiSXUwGQZUT09>

Meeting ID: 841 0265 3731

Passcode: ks5PUD

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Meeting ID: 841 0265 3731

Passcode: 423074

Find your local number: <https://us06web.zoom.us/j/kcQyNVJRKD>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

3/3/22, 3/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-14

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 22, 2022 @ 5:30 P.M. to consider the application of Henry DiNino for a Variance to demolish the existing garage and construct a new garage in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered 844 E. SQUANTUM STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeal

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Martin Aikens, Chairman

3/3/22, 3/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-15

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 22, 2022 @ 5:30 P.M. to consider the application of Golden Group, LLC for a Variance to enclose exterior stairways that are in poor condition and square off roofs to allow for full head height throughout upper units in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) and Chapter 4.1.1 (conformance) on the premises numbered 226R ARLINGTON STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeal

Time: Mar 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Martin Aikens, Chairman

3/3/22, 3/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-17

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 22, 2022 @ 5:30 P.M. to consider the application of Attorney Patrick Foley for a Variance to construct a one car attached garage in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered 75 BAY VIEW AVE. QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeal

Time: Mar 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

3/3/22, 3/10/22

NOTICE OF PUBLIC HEARING

Case ZBA 22-18

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 22, 2022 @ 5:30 P.M. to consider the application of Cadella, LLC for a Special Permit/Variance to change the use of an existing commercial property to a recreational marijuana retail facility in violation of Title 17 as amended, Chapter 6.10.5.1.a (registered marijuana dispensary/performance standard), Chapter 6.11.4.1.a (any residential district) and Chapter 6.11.3 (General. Marijuana establishments may be locally authorized by special permit as set forth in the Table of Principle Uses on the premises numbered 715 WASHINGTON STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Quincy Zoning Board of Appeal

Time: Mar 22, 2022 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

3/3/22, 3/10/22

**PLEASE RECYCLE
THIS NEWSPAPER**

OBITUARIES

Richard D. Siciliano, Jr., 52

Richard D. Siciliano, Jr., age 52, of Quincy, formerly of Norwell, died suddenly, Tuesday, Feb. 22, 2022 at home.

Richard was born in Quincy, raised and educated in Norwell. He was a graduate of Norwell High School, Class of 1987.

He lived in Quincy for several years, previously in Hingham, and earlier in Norwell for most of his life.

Rich was a licensed electrician and managed family property. He was known for his strong work ethic.

An outdoorsman, he enjoyed fishing, walking the beach, and watching the sunrise. He also enjoyed swimming and snorkeling. He was an avid reader and was well-versed on various topics.

Richie will be remembered as a kind-hearted person who was always willing



RICHARD D. SICILIANO, JR.

to help others. He was a great listener and took time to talk to people. Most of all, he was a wonderful, loving, and devoted son.

Beloved son of Richard D. and Rita F. (Keaney) Siciliano of Norwell.

Loving grandson of the late Rita L. (O'Brien) and John J. Keaney, Jr., the late Mary (Marciante) and Joseph Siciliano.

Richie is also survived by several aunts, cousins, and his dear friend, Chau Tran and her family.

A Funeral Mass will be celebrated in Holy Trinity Parish at Our Lady of Good Counsel Church, 227 Sea Street, Quincy, on Saturday, March 12, at 11 a.m. Relatives and friends are invited to attend. Memorial visitation will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, prior to the Mass from 8:45 - 10:15 a.m.

For those who wish, donations in Richard's memory may be made to Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

William P. Simon

William P. Simon, of Quincy, died peacefully in the comfort of his home surrounded by his family Feb. 28, 2022.

Son of the late Shafick and Rosina (Gillen) Simon. Brother of Ellen Coombs of Hanover and the late James Simon. Beloved husband for 50 years of Geraldine (Mulen) Simon. Father of Jason and his wife Charlene of Bentonville, Arkansas and Julie Simon of Quincy. Loving Papa to Brendan, Tyler, Emily, Brady, and Braden Simon of Arkansas, Charlotte (Charlie) and Reese Smith of Quincy. He loved his grandchildren and was very proud of them.

Billy was born in Quincy



WILLIAM P. SIMON

and lived here his whole life. He attended St. Joseph's School and North Quincy High School. He then went to barber school and worked cutting hair for 30 years. He had his own shop in Quincy Square "The Finer Cut". Billy then went to work for Newton Public Schools, retiring from there after 15

years. He was a school custodian and loved his job. After retiring, he took up golf and worked at the Ridder Country Club. He wasn't really that good at golf, but he loved it. He was a great husband and father and worked really hard to put his kids through school.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Saturday 10 a.m.-12 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy followed by a funeral home service at 12 p.m. Burial in Pine Hill Cemetery, Quincy.

See Keohane.com for directions and online condolences.

Charles H. Howland, 92

Charles H. Howland of Braintree passed away at his home on Saturday, March 5, 2022, at the age of 92, surrounded by his loving family. Charlie was the owner and founder of Albrite Homes in which he operated for 20 years.

Beloved husband of the late Irene V. (Sheehan) Howland; Charles was the loving father of Judith and John Chagnon of Braintree, Janice M. Cangemi and her husband Al of Scituate, and Kenneth and Beverly Howland of Braintree; devoted grandfather of John, Jason,



CHARLES H. HOWLAND and Meghan Chagnon, Michael and Brittney Cangemi, and Abigail and Zachary Howland; great grandfather of Charles Joseph (CJ)

Ryan, Brandon and Samantha Chagnon; brother of Shirley, Fred, Michael; and the late William, Richard, David, Beverly, and Gene Howland.

Family and friends are invited to visiting hours being held on Thursday morning, March 10, from 8:30 to 9:15 a.m. at the Dennis Sweeney Funeral Home, 74 Elm St., Quincy Center. There will be a Funeral Mass following in St. Joseph's Church, 550 Washington St., Quincy. Cremation will follow.

Anthony J. DiNardo, 92

Anthony J. "Dinny" DiNardo, Lieutenant, Quincy Fire Department, Retired, age 92, a lifelong resident of Quincy, died peacefully, Sunday, March 6, 2022, at the Pat Roche Hospice Home in Hingham. He had enjoyed his time and friendships at the Allerton House in Weymouth.

Anthony was born in Quincy, to the late Antonio and Hilda (Stracco) DiNardo, and was a graduate of Quincy High School, Class of 1948. He was appointed to the Quincy Fire Department on September 6, 1958 and was promoted to Lieutenant on April 19, 1975. He served most of his career with Ladder 1 at Headquarters and retired on Jan. 31, 1995, after thirty-seven years of service. He was a member of Local 794. He had also worked part-time for the Quincy Shade & Screen Company for twenty years and as a young man had worked at the former Fore River Shipyard for several years as a graduate apprentice.

Dinny served in the U.S. Navy aboard the aircraft carrier, U.S.S. Philippine Sea, CV-47, during the Korean conflict. He was a former member of the Cyril P. Morrisette American Legion Post #294 in Quincy.

As a young man, he was a volunteer youth baseball coach with the Q.P.D. Babe Ruth team and the former Saint John's Church Baseball



ANTHONY J. DINARDO

and Basketball Leagues. He was an avid Boston sports fan.

Proud of his Italian heritage, Dinny was an over sixty-year member of the Torrei dei Passeri Social Club in Quincy.

Most of all, he was dedicated to his family and especially proud of his cherished grandchildren, supporting all their activities and accomplishments.

Beloved husband of the late Marie A. (Lopez) DiNardo.

Devoted father of John A. DiNardo and his wife Jane of

Germantown, Md., Gary R. DiNardo of Quincy, Karen M. Keefe and her husband James of Plymouth.

Loving grandfather of John DiNardo, Jr. and his fiancée Kelly, Christine and Briana DiNardo, Anthony, James and Brennan Keefe.

Dear brother of Emilio A. "Sonny" DiNardo of Quincy. Dinny is also survived by several nieces and nephews.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Thursday, March 10, from 4 - 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated in Saint John the Baptist Church, 44 School St., Quincy, on Friday, March 11, at 10 a.m. Interment, with military honors, to follow at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Dinny's memory may be made to the Multiple Myeloma Research Foundation, P.O. Box 414238, Boston, MA 02241-4238.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO21P3361EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Frederick Thaddeus Flukes
Also Known As:
Frederick T. Flukes
Date of Death:
August 25, 2021

To all persons interested in the above captioned estate, by Petition of:

Petitioner Nancy L. Sorgi of Braintree, MA

Nancy L. Sorgi of Braintree, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

LEGAL NOTICE

CITATION ON PETITION TO CHANGE NAME
Docket No. NO21C0138CA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

In the Matter of:

Ruby Ophelia Harrell
A Petition to Change Name of Adult has been filed by

Ruby Ophelia Harrell of Quincy, MA requesting that the court enter a Decree changing their name to:

Tyesha J. Brown
IMPORTANT NOTICE
Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10:00 a.m. on the return day of 03/30/2022.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 1, 2022
COLLEEN M. BRIERLEY
Register of Probate

3/10/22

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO22P0310EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Claire M. O'Shea
Date of Death:
December 24, 2021

To all persons interested in the above captioned estate, by Petition of:

Petitioner Brian P. O'Shea of Quincy, MA

a Will has been admitted to informal probate.

Brian P. O'Shea of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

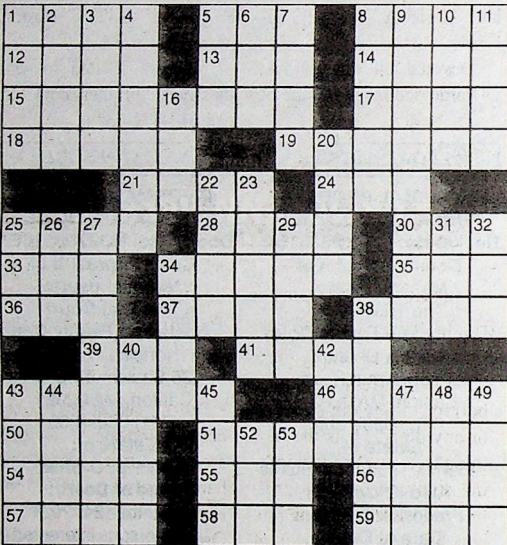
3/10/22

More Obituaries on Pages 26-27
and online at
www.TheQuincySun.com

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Taj Mahal city
 - 5 Chatter
 - 8 Puglist's weapon
 - 12 Regrets
 - 13 Half of bi-
 - 14 Bygone Peruvian
 - 15 Diamond parts
 - 17 Miles away
 - 18 Thai or Korean
 - 19 Oscar contenders
 - 21 Leaves
 - 24 Medit. nation
 - 25 Buckeye State
 - 28 Take five
 - 30 Yoga pad
 - 33 Mafia boss
 - 34 Emulate Lincoln
 - 35 Bedazzle
 - 36 Dict. info
 - 37 Nick and Nora's pet
 - 38 Arm bone
 - 39 Fireplace residue
- DOWN**
- 1 Met solo
 - 2 Weaponry
 - 3 Mortgage again, for short
 - 4 Italian cheese
 - 5 Actor Brynner
 - 6 Moreover
 - 7 Galileo's birthplace
 - 8 Decreases
 - 9 Casual
 - 10 Cicatrix
 - 11 Old salts
 - 16 Rock's Brian
 - 20 Refer to
 - 22 Messes up
 - 23 Plane assignments
 - 25 Peculiar
 - 26 Garden tool
 - 27 Foot soldiers
 - 29 Sports figure?
 - 31 Bristle
 - 32 Chair, e.g.
 - 34 Diamond Head locale
 - 38 Seventh planet
 - 40 Loafers, e.g.
 - 42 Sashimi fish
 - 43 Conks on the head
 - 44 "May It Be" singer
 - 45 "Casablanca" cafe owner
 - 47 Teeming
 - 48 Harrow rival
 - 49 Island in a computer game
 - 52 Scot's refusal
 - 53 Saute



MAGIC MAZE • "GEORGIA ON MY MIND"

T S Q N T K H E B Y T W T R O
L J G E B H L E Y W E U R P N
K U I G D S G U Y B E Z X V S
Q O O M K I M I F E W G E C A
E R A Y C H A R L E S Y W U S
Q C A H O P S I A N C N L J H
F E A E S T M M C R O A D A Y
X O V E L S K U A S E O E Q P
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E I C T U O H C A E R B T Z Y
P Y L R E D N E T B X D V O U

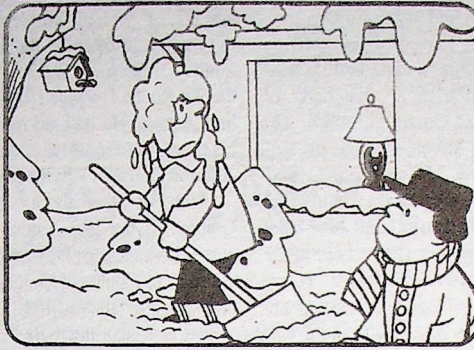
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: JUST AN OLD — SONG

Back to you	Moonlight	Pines	Smile
Clear	No peace	Ray Charles	Tenderly
Dreams	Other arms	Reach out	Woah
Eyes	Peaceful	Road	

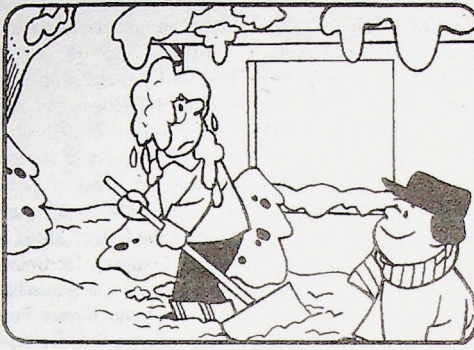
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Birdhouse is missing. 2. Handle is shorter. 3. Jacket is shorter. 4. Lamp is missing. 5. Scarf is shorter. 6. Buttons are missing.

Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: In which U.S. state is the Devils Tower monument located?
2. LEGAL: Which U.S. Supreme Court justice served for the longest period of time?
3. TELEVISION: Which biker drama is set in the town of Charming, California?
4. WEATHER: What kind of natural disaster is caused by an underwater earthquake or volcanic eruption?
5. U.S. PRESIDENTS: Which president founded the University of Virginia?
6. ANIMAL KINGDOM: What is a young hare called?
7. CHEMISTRY: Which two elements on the Periodic Table are liquid at room temperature?

perature?

8. LITERATURE: Which 20th-century novel features the characters Leopold and Molly Bloom?
9. ASTRONOMY: What planet in our solar system is the farthest from the sun?
10. MOVIES: Which movie portrays the beginnings of Facebook founder Mark Zuckerberg?

Answers

1. Wyoming
2. William O. Douglas (36 years)
3. "Sons of Anarchy"
4. Tsunami
5. Thomas Jefferson
6. A leveret
7. Bromine and Mercury
8. "Ulysses" (James Joyce)
9. Neptune
10. "The Social Network"

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Wishing Well®

8	5	3	6	4	3	7	8	2	5	4	2	5
B	B	B	L	H	U	B	E	P	R	I	R	I
8	6	4	2	4	7	6	7	2	8	3	8	5
A	I	G	A	H	E	F	T	I	G	S	R	G
3	6	5	4	3	6	4	5	4	6	2	8	5
I	E	H	E	N	I	R	T	V	S	S	E	O
4	2	6	5	3	2	8	5	8	5	2	4	3
A	E	P	U	E	I	E	T	A	L	S	L	S
6	2	5	8	7	5	7	5	2	4	3	4	6
E	B	O	B	R	O	U	K	E	U	S	E	A
3	4	2	7	2	8	7	2	3	7	2	3	6
S	S	S	S	T	L	T	O	U	I	W	C	C
8	3	7	2	3	6	7	3	6	2	3	6	6
E	C	N	E	E	G	S	F	D	S	U	L	

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Keep an open mind about a suggestion you see as unworkable. Give it a chance to prove itself one way or another. The results could surprise both supporters and detractors.

TAURUS (April 20 to May 20) News about an upcoming venture causes you to make some last-minute adjustments in your plans. But the extra work will pay off, as you come to learn more about the potential benefits opening up.

GEMINI (May 21 to June 20) A more positive aspect grows out of your determination to reach your immediate goals. Continue to keep your focus sharp and on target by steering clear of petty quarrels and other pesky problems.

CANCER (June 21 to July 22) By acting as a voice of reason, you can avoid adding to an already turbulent situation. You might have to shout over the tumult, but your words ultimately will be heard and heeded.

LEO (July 23 to August 22) The possibility of a new acquisition always makes those Leonine eyes light up. But be careful that what you see is what you want. Appearances often can be deceiving.

VIRGO (August 23 to September 22) No matter how much you might feel that you're in the right, resist saying anything that could reignite a still-unresolved situation. Let the matter drop, and move on.

LIBRA (September 23 to October 22) Help with a personal problem comes from an unexpected source. You also find workplace pressures easing. Use this period of calm to restore your spent energies.

SCORPIO (October 23 to November 21) You might have to share the credit for that project you're working on. But there'll be enough credit to go around, and your efforts will be recognized and rewarded.

SAGITTARIUS (November 22 to December 21) Details need to be dealt with before you can move on to another area. Make sure you don't leave any loose ends that could later cause everything to unravel.

CAPRICORN (December 22 to January 19) News about a change in the workplace carries with it a challenge you could find difficult to resist. Check it out. It could be just what you've been waiting for.

AQUARIUS (January 20 to February 18) Allowing your artistic nature full expression will help restore your spirits and will put you in the mood to take on that new career challenge. A Libra creates excitement.

PISCES (February 19 to March 20) Expect to happily plunge right into a hectic social whirl starting at week's end. Your aspects favor new friendships as well as the strengthening of old relationships.

BORN THIS WEEK: Like St. Patrick (who was also born this week), your spiritual strength is an inspiration to others.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: P equals S

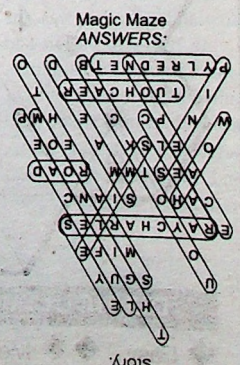
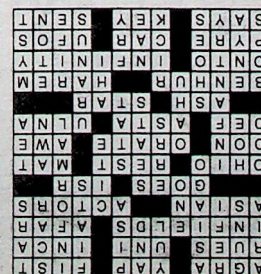
XO IKKF QGMMGVBCY HYQYMGVYP
GFXKPV QK BQVYMYPV KQ PKIBGF
XYZBG. BV'P G QYCYM-VMYQZBQH
PVKMO.

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King Crossword

Answers

Solution time: 24 mins.



CryptoQuip

answer

My cool narrative generates almost no interest on social media. It's a never-trending story.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — “Star Trek” fans, the time has finally arrived! J.J. Abrams has announced a new “Star Trek” film will begin production by the end of 2022. Chris Pine will again star as Capt. James T. Kirk, Zachary Quinto returns as Spock, Zoe Saldana recreates her Lt. Uhura role and Simon Pegg will once again be beaming them up as Scotty. This cast catapulted the first three films to over a \$1 billion box-office take. At this point, the major studios need all the star power and familiarity they can muster to woo people back to movie theaters.

Pine, in addition to the “Wonder Woman” franchise, has four films ready for release. The action film “The Contractor,” with Ben Foster and Kiefer Sutherland, is set for April 1, followed by the psychological thriller “Don’t Worry Darling,” with Olivia Wilde (who also directed), Harry Styles and Florence Pugh, which drops Sept. 23. Next up for Pine is the long-awaited “Dungeons & Dragons,” with Michelle Rodriguez, hits March 2023, with Amazon’s thriller “All the Old Knives,” with Thandiwe Newton, Jonathan Pryce and Laurence Fishburne, also in the works. Trekkies begin rejoicing!

Another fan favorite is getting a sequel. The holiday perennial favorite “A Christmas Story” (which gets more airtime at Christmas than most films ever get) will reunite original cast members Peter Billingsley (Ralphie), Sam Petrella (Randy), Zack Ward (Scut Farkus), Scott Schwartz (Flick) and R.D. Robb (Schwartz). It’s been titled, “A Christmas Story, Christmas.” Billingsley’s Ralphie returns to the house on Cleveland Street to deliver his kids a magical Christmas like the one he had growing up. Since it’s from HBO Max, it’ll undoubtedly be ready by Christmas. Billingsley’s last film appearance was in “Spider-Man: Far From Home,” in 2019.

Trevor Donovan first hit fans’ radar as Jeremy Horton on “Days of Our Lives” in 2007, as Teddy Montgomery in “Beverly Hills, 90210” (2009-2013) and as Austin in “Melissa & Joey,” for six episodes from 2013-2014. He has since made 13 films for The Hallmark Channel and has joined forces with Brian Bird to create entertainment-style films in the tradition of the old “ABC Afterschool Specials,” which were dramatic and educational.

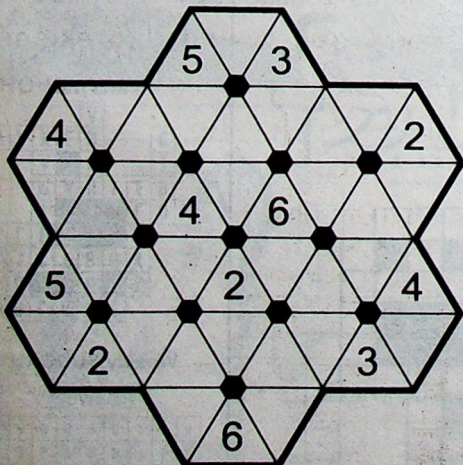
And Melissa Joan Hart, of “Melissa & Joey,” who recently starred in Hallmark’s “Mistletoe in Montana,” and produced, directed and starred in several others for Hallmark and Lifetime, has signed a two-year agreement with Lifetime to star, direct and produce more films for them. It’s no doubt due to the success of “Dear Christmas,” “A Very Merry Toy Store” and “Christmas In Tune” (with Reba McEntire), which all scored well with ratings and fans alike. The former “Sabrina, The Teenage Witch” star (1996-2003) must have had some magic up her sleeve for this deal!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		×		13			
-		÷		+				
	+		×		18			
×		+		×				
	+		+		19			
21		17		21				
1	1	2	3	5	6	7	8	9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

St. Patrick's Day — St. Patrick's Day is celebrated each year on March 17 in the United States, but collectors found few postcards, greeting cards or objects to collect before 1900. The first St. Patrick's Day parade is said to have taken place in 1601 in St. Augustine, Florida. But a major event is the New York City parade, which started in 1762. St. Patrick, the patron saint of Ireland, was born in Roman Britain and kidnapped in the late fourth century, when he was 14 years old. He was taken to Ireland as a slave, but he escaped in 431 A.D. and converted the Irish to Christianity. Parties, dances, drinking and celebrations started about 1600, and the observance has grown into an important celebration not only in Ireland but also in the U.S.

There have been many symbols of the past celebrations to collect. The leprechaun is an important symbol. The mischievous, red-haired elf is usually pictured in a top hat, green jacket, tie and vest standing with a pot of gold at the end of a rainbow. He represents the magic of fairies and the little people, and you are lucky if you find him and the gold.

Q: What are the symbols of St. Patrick's Day, besides the leprechaun with the bucket of gold?

A: The shamrock is the first plant of spring in Ireland and represents rebirth. By the 17th century, it was the emblem of Ireland. The Celtic harp is another important emblem: It appears on the presidential seal, passports, official documents and coins.

A surprising number of symbols are food. Corned beef and cabbage are the traditional dinner. The corned beef is the leftover meat from the sailing ships. It was a cheap substi-

tute for bacon bought by poor immigrants. Shepherd's pie and soda bread also were inexpensive substitutes. Today, we also get green bagels and green beer. Save anything that pictures or represents these things as well as the religious symbols of the day. More collectibles are being made, displayed and kept each year.

CURRENT PRICES

Postcard, St. Patrick's Day, The Top O' The Mornin' To You, leprechaun tipping his top hat, green overcoat, green-and-white-striped pants, embossed, divided back, Ellen Clapsaddle, International Art Publ. Co., printed in Germany, \$30.

Currier & Ives print, St. Patrick, Apostle of Ireland, holding staff and book, green ground with serpents, lithograph, hand-colored, c. 1835, 14 x 10 inches, \$170.

Decanter, Old Fitzgerald Whiskey, Sons of St. Patrick, Irish-American Signers of Declaration of Independence, bicentennial, 1776-1976, shamrock garlands, harp, eagle, ceramic, gold trim, crown finial, 4/5 qt., \$265.

Advertising sign, "Always the Right Temperature For Guinness Stout," tin over cardboard, button form, white, green border, set-in thermometer with red bezel, 1930s, 9 inches, \$330.

TIP: China can be washed in warm water with mild soap. The addition of a little ammonia to the water will add that extra sparkle.

The 2022 "Kovels' Antiques & Collectibles Price Guide" contains more than 12,500 all-new prices with every price based on actual sales, never estimates. Available in bookstores and online.

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STICKELERS

by Terry Stickels

Match the word on the left with its definition on the right.

- | | |
|-----------------|----------------------------------|
| 1. jejune | a. fleeting, momentary |
| 2. contrite | b. commanding, domineering |
| 3. evanescent | c. noisy, unruly |
| 4. obstreperous | d. dull, lacking interest |
| 5. imperious | e. penitent eager to be forgiven |

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Strange BUT TRUE

- The shamrock, called the "seamroy" by the Celts, was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used it as a visual guide when explaining the Holy Trinity. By the 17th century, it had become a symbol of emerging Irish nationalism.
- There's a doughnut shop in Clare, Michigan, that's owned entirely by cops.
- A long-haired tortoiseshell cat named Towser holds the Guinness World Record for catching mice — an estimated 28,899 in 24 years — as the pest control expert at the Glentworth whiskey distillery in Scotland.
- Between 1912 and 1948, Olympic medals were given out for sporting-inspired masterpieces of architecture, music, painting, sculpture and literature.
- Subaru WRX owners are the most likely in the U.S. to have a prior speeding citation.
- The average energy expended during the ladies

Wimbledon tennis final match adds up to 1.56kWh, which is enough power to keep an iPhone charged for a year.

- Hackers were prevented from stealing nearly \$1 billion after misspelling the word "foundation" as "fan-dation" on a payment transfer. However, they were still able to swipe roughly \$80 million before their typo tipped off the banks.
- Nineteen-year-old Shayla Wiggins, of Wyoming, found a man's corpse in a river while she was playing Pokémon Go.
- In 2014, South Korea produced an alternative version of their national anthem "Aegukga," which was two keys lower in order to make it easier for kids in school, especially boys going through puberty, to sing.
- When actor Dwayne Johnson was in high school, his height of 6-foot-4 and weight of 225 pounds had some of his classmates suspecting he was an undercover cop.

Thought for the Day: "One who knows how to show and to accept kindness will be a friend better than any possession." — *Sophocles*

Now here's a tip! by Jo Ann Derson

• Lettuce will last longer if you store it in the crisper drawer in a clean paper bag.

• "Try using an empty glass wine bottle (remove the label) for rolling out pie crust or any dough. It is the best thing I've ever used ... nothing sticks to the glass, unlike my wooden rolling pin, which is now in the back of my cabinet for good after using it for decades!" — *L.F. in Texas*

• Peas, spinach, sweet potato, squash and carrots can be pureed and added to baked goods to increase fiber and nutrients. They are especially useful in soups to thicken a broth without adding fat. You can sneak some veggies into unexpected places, too — like cookies, pancake batter and pasta dishes, or make a flavorful sandwich spread.

• "When you get a new pair

of running shoes, treat the insides with spray starch. We have always done this, and it keeps them fresher longer." — *S.M. in Indiana*

• Tubes make it easy to access toothpaste when they are full, but it's sometimes hard to get that last bit out. Here's a tip from C.W. in Oregon: "To get the last bit of a tube of toothpaste to come out, run the tube under warm water for a few seconds. There's more still in there than you think!"

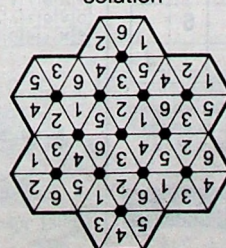
• It's easy to sort hardware using a muffin pan. If you get a pan that has 12 depressions, you can line up nails and screws and such according to size, making it even more convenient.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Go Figure! answers

21	17	21
19	3	6
	×	+
18	9	×
	+	÷
13	1	×

Stickelers Answer 1-d, 2-e, 3-a, 4-c, 5-b

CONFORMITY

55 Pass as a

107 Pitcher

8 "Ciaol" in

43 Cal's twin

86 Tattooing

by Dana Jackson

A: Sasha Alexander and Angie Harmon played medical examiner Dr. Maura Isles and Det. Jane Rizzoli, respectively, in the hit TNT series for seven seasons.

During the final seasons of "Rizzoli & Isles," Alexander moonlighted as Professor Helene Runyon on "Shameless" on Showtime. She's spent the past five years showing her versatility in various guest-starring roles on series such as "FBI," "Amazing Stories" and "Curb Your Enthusiasm." She's also trying her hand behind the camera, having directed an episode of "You."

Harmon had taken a break from acting onscreen in recent years, just doing some voice work on the animated series "Voltron: Legendary Defender." She also got engaged to soap actor Greg Vaughan (Eric, "Days of Our Lives"). She returns to scripted television in the upcoming movie "Buried in Barstow," which will premiere June 4 on Lifetime. It's a planned first in a series of movies in which Harmon plays a single mom and

Q: Why did they change actors for the role of Ashland on "The Young and the Restless?" Also, is the new one the same actor who played Josh on "Guiding Light" for many years? — J.C.

A: Richard Burgi was enjoying playing the role of high-powered businessman Ashland Locke on “Y&R,” but he unfortunately violated the show’s COVID policy. He apologized for returning to the show after quarantining only five days after traveling when the show called for a 10-day isolation. He wrote a thoughtful post on social media wishing his replacement much success with the “great, great cast” of “Y&R.”

Stepping into Ashland's shoes is none other than soap vet Robert Newman, who played Josh Lewis on CBS' "Guiding Light" for almost three decades. He told "TV Guide" that playing opposite Eric Braeden's ruthless Victor Newman is like a "fast-moving speed chess game."

Q: I heard Disney is redoing "The Little Mermaid" movie. Will it be animated like the original? I loved the original. I wish they'd leave well enough alone. — *MS*

A: It's not exactly a remake, but "The Little Mermaid" will return to theaters next year in a live-action musical, not another animated version. Halle Bailey ("Grown-ish") will play Ariel and Melissa McCa-



Angie Harmon

Photo credit:
Depositphotos

thy ("Bridesmaids") will take on the role of Ursula.

Javier Bardem ("Being the Ricardos"), who plays King Triton, recently said that he was surprised he could sing when he played Desi Arnaz in "Ricardos." He credits the teachers and music supervisors on the set of that film.

Musicals on the big screen are always a big risk. Rob Marshall is directing "The Little Mermaid," and he's no stranger to taking this risk. He directed Renee Zellweger and Catherine Zeta-Jones in "Chicago" 20 years ago, for which he was nominated for an Oscar. "The Little Mermaid" is expected to premiere in May 2023.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | | | |
|---------------------|---|-------|--------------------|---|-------|
| 1. Formal argument | D | _____ | Purchase refund | R | _____ |
| 2. Rain maker | | D | Powerful influence | | T |
| 3. Money hoarder | | S | Gold digger | | N |
| 4. Football meeting | | D | Obstacle | | R |
| 5. Negotiate a deal | | R | Chitchat | | N |
| 6. Pitcher's hill | | D | Everest, e.g. | | T |
| 7. Ohio city | | K | Chef's garment | | P |
| 8. Benevolence | | C | Joyous | | R |
| 9. Jammed | C | _____ | Delivered a lesson | T | _____ |
| 10. Every 24 hours | | L | Milk farm | | R |

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by Linda Thistle

		9			3			7
	1		6			5		
5		4		8				9
	6				2		5	1
			7	9				
8					3		9	
			2	1			3	
4				7	2			6
	8					5		
								4

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK:

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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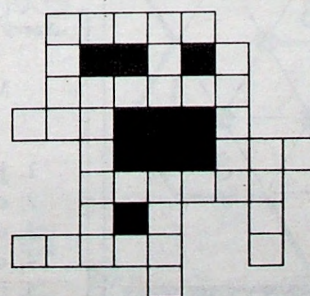
Answers

[illegible]

Even Exchange

- | | | | |
|----|----------------|-----|----------------|
| 1. | Debate, Rebate | 6. | Mound, mound |
| 2. | Cloud, Clout | 7. | Akron, Apron |
| 3. | Miser, Miner | 8. | Mercy, Merry |
| 4. | Huddle, Hurdle | 9. | Caught, Taught |
| 5. | Barter, Banter | 10. | Daily, Dairy |

OXL
ICXMA
♥ DABEL
NAUL
BIOCEX
LLA
COID
LIXEE
♥ DBU
LUDEMA
EXAWN
OBLI



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

answer

Weekly SUDOKU

Answer

6	2	9	4	5	3	8	1	7
3	1	8	6	7	9	5	4	2
5	7	4	2	8	1	6	9	3
9	6	3	8	4	2	7	5	1
2	5	7	9	1	6	4	3	8
8	4	1	5	3	7	9	2	6
7	9	2	1	6	4	3	8	5
4	3	5	7	2	8	1	6	9
1	8	6	3	9	5	2	7	4

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Amber Waves

by Dave T. Phipps



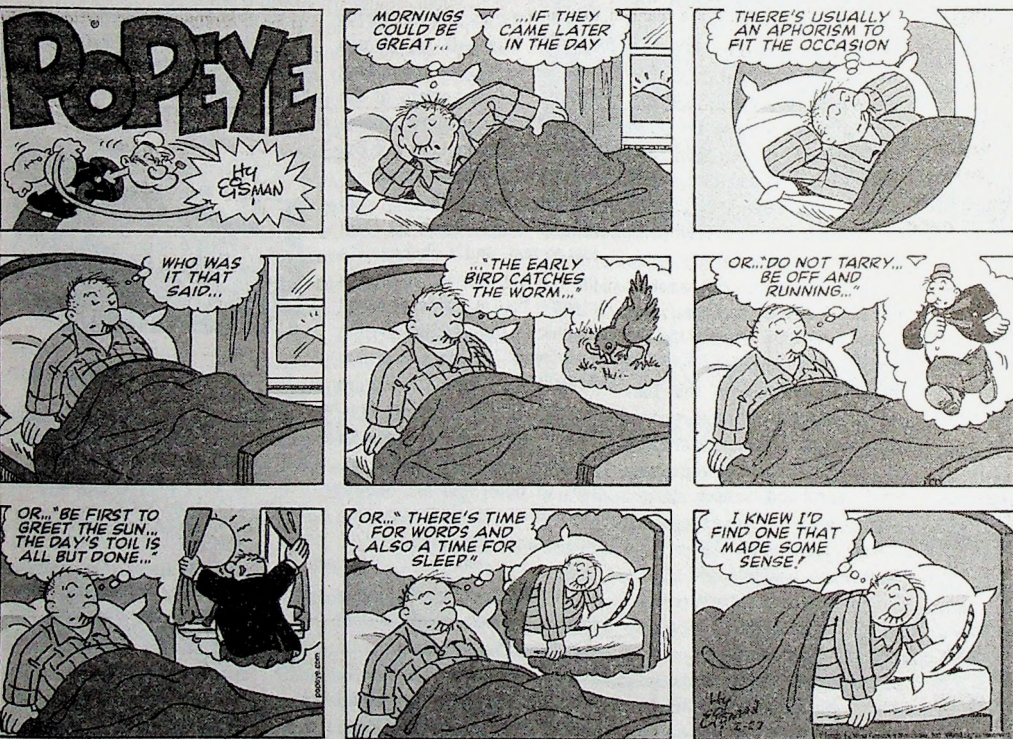
Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Thin	PASSER		
Orange	ACTORR		
Divine	SCARED		
Blind	LARGE		

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

2	4	3	3	3	6	7
5	5	6	2	7	1	1
3	5	6	6	6	1	4
6	5	5	7	1	2	5
1	6	7	4	2	3	5
7	3	4	1	5	4	5
1	1	4	1	2	5	3



Surrendering a Pet

DEAR PAW'S CORNER: When my grandmother passed away last fall, she left behind two beautiful cats. No one else in the family wanted to take care of them, so I took them in. However, I'm financially unable to care for them long-term, and the apartment complex I live in does not allow pets. I'm on borrowed time (and money) at this point, and praying that my apartment manager doesn't find out about the cats. I contacted a shelter nearby to find out if they will accept the cats. They said there is a "surrender fee" of \$200. No way can I pay that; I'm on a fixed income. What alternatives do I have? — Sherrie R., via email

DEAR SHERRIE: I'm sorry to hear about your predicament. You have ex-

tended your home and finances to care for two cats in need, and I salute you for it. But you're right: the current situation is not ideal for you or the cats.

When preparing to surrender a pet, the receiving shelter will request that you try every possible option first. Many shelters will provide advice and limited assistance for pet owners going through this. One option would be for you to contact family members and friends directly (not on public social media posts) to ask if they would be able to adopt the cats.

If a surrender to the shelter is the last resort, contact your family to see if they can chip in for the surrender fees. After all, you've already taken on the cost of food, supplies and maybe medical care for them. You've taken on the risk of losing your lease, too. Speak calmly with your relatives about sharing the cost. Best of luck.

Send your tips, questions or comments to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of March 7, 2022

Video On Demand

1. Ghostbusters: Afterlife (PG-13) Carrie Coon
2. Encanto (PG) animated
3. Eternals (PG-13) Gemma Chan
4. Dune: Part One (PG-13) Timothee Chalamet
5. No Time to Die (PG-13) Daniel Craig
6. Clean (NR) Adrien Brody
7. Clifford the Big Red Dog (PG) Darby Camp
8. Venom: Let There Be Carnage (PG-13) Tom Hardy
9. The Ledge (R) Brittany Ashworth
10. Resident Evil: Welcome to Raccoon City (R) Kaya Scodelario

DVD, Blu-ray Sales

1. Eternals (PG-13) Disney/Marvel
2. Encanto (PG) Disney
3. Ghostbusters: Afterlife (PG-13) Sony Pictures
4. Resident Evil: Welcome to Raccoon City (R) Sony Pictures
5. Dune: Part One (PG-13) Warner
6. Clifford the Big Red Dog (PG) Paramount
7. No Time to Die (PG-13) Universal/MGM
8. Halloween Kills (R) Universal
9. Venom: Let There Be Carnage (PG-13) Sony Pictures
10. King Richard (PG-13) Warner

Source: Comscore/Media Play News

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Hitori answer

3	5	2	1	4	1	1	4	1	1
5	4	5	1	4	3	7			
5	3	2	4	7	9	1			
5	2	1	7	1	5	9	9		
1	4	9	9	9	3	5	3		
1	1	7	2	7	9	5	5		
7	6	7	3	3	2	4	3		

SCRAMBLERS

solution

GLASSES

Today's Word

3. Sacred; 4. Glare

1. Sparse; 2. Garment

MORE FUN



Surviving Paradise: A Family Tale (NR) — You thought you had a bad 2020-21? Try being a hyena in the Okavango Delta, where merely surviving is considered success. Narrated by Rege-Jean Page (the dreamy Duke of Hastings on "Bridgerton"), this documentary showcases the unique ways different species in this African region rely on their packs and prides to hunt, thrive and grow. They know their greatest weapon in their fight to survive is each other. Stunning action footage and bird's-eye views of the landscapes make for an enthralling visual experience. The stories of each pack are fascinating and yet relatable to us humans and how we depend on each other. In this land, family is everything! (Netflix)

The Postcard Killings (NR) — Starring the man who strangely has never been named People Magazine's Sexiest Man Alive, this 2020 crime thriller is new to Prime this month. Jeffrey Dean Morgan plays Jacob Kanon, a New York City detective investigating his own newlywed daughter's murder in London. There he enlists a Sweden-based American journalist to help him investigate a subsequent string of similar murders happening across Europe. Based on the novel "The Postcard Killers" by James Patterson, it also features Morgan's co-star from "The Good Wife," Cush Jumbo, as the journalist. Famke Janssen, who has made a film career out of playing mothers of kidnapped/murdered/otherwise "Taken" daughters, plays Jacob's wife, Valerie. (Amazon Prime Video)

Turning Red (PG) — Those of us of a certain age used to pretend as kids that we would turn into the Tasmanian Devil when we got mad or excited. In this Pixar Studios animated film,

main character Mei Lee (Rosalie Chiang) turns into a red panda whenever she gets anxious ... which often commences when her overbearing mother (voiced by Sandra Oh) shows up at inopportune times. Mei is an otherwise typical, nerdy, boyband-loving tween when she finds out that her family has a long, mystical connection with red pandas. Her challenge then becomes not only learning to live with this familial oddity, but using it to her advantage. Points for the clever incorporation of a popular *NSYNC song. Premieres March 11. (Disney+)



Scene from "Surviving Paradise"

Embrace the Panda: Making Turning Red (PG) — As a special add-on to "Turning Red," this feature goes behind the scenes of the story, the soundtrack and the groundbreaking all-woman production team. Meet the cast and embrace your inner panda. Debuts the same day as the feature film. (Disney+)

Legacy: In the Shadow of Greatness (NR) — Anyone who grew up following a smarter/prettier/more athletically talented sibling can understand the weight of unfair expectations sometimes placed upon kids. That pressure is multiplied when the one you're following is your parent, and they are a world-famous athlete. In this six-part docuseries, children of superstars like basketballer Dwayne Wade and boxing champ Evander Holyfield discuss how living within a parent's spotlight has hindered, helped or otherwise influenced their own athletic goals. (Spoiler: of course it helped!). (Discovery+)

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Contract Bridge

THE HAND THAT NEVER WAS

South dealer.

Neither side vulnerable.

NORTH

♠ Q 4
♥ K J 5 4
♦ 8 4 2
♣ A K 7 3

WEST

♠ A J 6 5 2
♥ 9 8 7 2
♦ Q 7
♣ 6 5

EAST

♠ 9 8 7 3
♥ A 6
♦ J 6 5 3
♣ 10 9 4

SOUTH

♠ K 10
♥ Q 10 3
♦ A K 10 9
♣ Q J 8 2

The bidding:

South	West	North	East
1 NT	Pass	2 ♠	Pass
2 ♦	Pass	3 ♠	Pass
3 ♥	Pass	4 ♥	

Opening lead — ace of spades.

The scene was Monte Carlo in 1976. Italy, the favorite, was playing Brazil in an early round of the World Bridge Olympiad. Forty-five nations were entered in the event.

Pedro Assumpcao was North for Brazil and Gabriel Chagas South when this deal occurred. The opening notrump bid showed 13 to 15 points, and two clubs was Stayman, indicating interest in a major. Two diamonds denied a four-

card major, and three clubs by North was also an artificial bid, asking South to pinpoint his distribution. Three hearts announced precisely 2-3-4-4 distribution, and North — knowing that his partner also had only a doubleton spade — decided to take his chances in a 4-3 heart fit rather than in notrump. So, while the overwhelming majority of the 44 other North-South pairs floundered in three notrump and went down one after the automatic spade lead, Assumpcao and Chagas found the best game contract of four hearts and easily made it after West led the ace and another spade. It was clearly one of the best-bid hands of the tournament, but, unfortunately, there was an ironic twist. It turned out that their Brazilian teammates at the other table had been incorrectly seated North-South in the 30-board match, instead of East-West, and the entire match had to be canceled — even though the Brazilians had soundly trounced their world-famous Italian opponents at both tables. Instead of replaying the match, which would be normal in such circumstances, the authorities decided to award each team an above-average score. Although this was somewhat unfair — especially to the Brazilians, who had played so well — justice was served in the end when Brazil wound up winning the Olympiad and its first world championship.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT INSTRUMENTS DO SHOW-OFFS PLAY ON ST. PATRICK'S DAY?

BLADES	DALES	SIMPLE	MILES
POKERS	SPOKE	LACIER	CLEAR
RESEAT	STEER	PECANS	CANES
GARGLE	GLARE	EASTER	STARE
		SATINS	STAIN

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Late Relapse Possible in Breast Cancer Patients

DEAR DR. ROACH: I just read another sad story about a woman who had breast cancer, fought it and seemed to win, but after five years, it came back and took her life. The same sequence of events happened to my wife two years ago. She fought the second round of cancer for a year and a half, but it was just about everywhere. What is this connection between the initial breast cancer occurrence and it coming back five or six years later even more widespread throughout the body? Is screening stepped up during that period? -- Anon.

ANSWER: I am very sorry to hear about your wife.

With most cancers, no evidence of disease five years out from diagnosis usually means a cure, that the person will not have a recurrence of that particular cancer, although people who've had one cancer are at a higher risk of developing a second, unrelated cancer. Breast cancer is one of the exceptions. Late recurrences (after five years) are possible, even very late recurrences. I have seen 20 years afterward, and there are reports of even longer.

Although the reasons why breast cancer seems to hide for many years are not known precisely, we do know some risk factors for recurrence: Larger tumors are more likely to recur. Those with positive lymph nodes are at high risk, and women with estrogen receptor positive, progesterone receptor positive and HER2 negative tumors are more likely to experience recurrence.

Screening is absolutely appropriate in women who have had breast cancer. There is not a consensus about the type and frequency of screening, but many experts choose yearly mammography. Breast MRI has been considered, but it has not been proven to be better in women with a history of breast

cancer.

A healthy lifestyle, including regular exercise, a diet with plenty of fresh fruits and vegetables, abstinence from smoking and minimal alcohol intake, has been shown to reduce cancer risk in women with a history of breast cancer.

DEAR DR. ROACH:

A few days ago at the Red Cross, my hemoglobin level was 12.4 according to a drop of blood from one hand, and 11.2 according to a drop of blood from the other hand. That's such a big difference. Is there something wrong with me, or something wrong with the machine? -- P.D.

ANSWER: Measuring hemoglobin levels is done by blood banks, such as the Red Cross, to see whether it is safe to donate blood. The Red Cross requires a hemoglobin level of 12.5 g/dL for women and 13.0 g/dL for men. That is close to the bottom of the normal range in most laboratories, so you are at or just below the cutoff for anemia.

Hemoglobin levels do bounce around a fair bit from test to test, and a change of a point is not unusual. It doesn't mean a bad machine or a bad technician nor anything wrong with you. A classic article from 1946 noted a variation within a day of 1.3 g/dL, consistent with my own decades of observation. This is important to note, and we should be cautious about interpreting just a single lab value.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids Answer

STAIN	S	SATINS
STARE	E	EASTER
CANES	P	PECANS
CLEAR	I	LACIER
MILES	P	SIMPLE
GLARE	G	GARGLE
STEER	A	RESEAT
SPOKE	R	POKERS
DALES	B	BLADES

Comfort foods

Made fast and healthy



by Healthy Exchanges

Meatballs and Gravy on Colcannon

On St. Patrick's Day, you don't even have to be Irish to be part of the clan! Just wear green, put a shamrock in your hair and stir up this great dish. Before you know it, your "Irish Eyes" will be smiling!

16 ounces extra-lean ground sirloin beef or turkey breast
6 tablespoons dried fine bread crumbs
1 teaspoon dried parsley flakes
1 (12-ounce) jar fat-free beef gravy
3 cups hot water
3 cups shredded cabbage
3 cups instant potato flakes
2 teaspoons dried onion flakes
1/4 cup fat-free sour cream

1. In a large bowl, combine meat, breadcrumbs and parsley flakes. Mix well to combine. Form into 24 (1-inch) balls. Place meatballs in a large skillet sprayed with butter-flavored cooking spray. Brown meatballs on all sides. Spoon gravy evenly over meatballs. Lower heat, cover and simmer while making colcannon.

2. Meanwhile, in a large saucepan, bring water and cabbage to a boil. Remove from heat. Stir in potato flakes and onion flakes. Add sour cream. Mix gently just to combine.

3. For each serving, place 2/3 cup potato mixture on a serving plate, arrange 4 meatballs on potato mixture and evenly spoon gravy over top. Makes 6 servings.

• Each serving equals: 247 calories, 7g fat, 18g protein, 28g carb., 502mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Vegetable.

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1. What was Brook Benton's final No. 1 chart-topper?
2. Name the Irish artist who wrote and released "Alone Again (Naturally)" and "Clair."
3. Who was "Stewball" in the song by Peter, Paul and Mary?
4. Who wrote and released "Green Onions"?
5. Name the song that contains this lyric: "They're cousins, identical cousins all the way. One pair of matching bookends, Different as night and day."

Answers

1. "Rainy Night in Georgia," 1970 on the R&B chart. The song first appeared on Benton's "Today" album.
2. Gilbert O'Sullivan, in 1971 and 1972. In the 1990s, he was involved in a lawsuit against a rapper who had sampled one of O'Sullivan's songs without permission. He won, and it increased copyright protections for songwriters everywhere.
3. Stewball was a famous racehorse in 18th-century Britain and was originally called "Squall" or "Sku-ball," as well as Stewball. "Skewball" likely comes from "Skewbald," a tri-color coat pattern in horses.
4. Booker T. & the MG's, in 1962.
5. "Cousins," the theme song for "The Patty Duke Show" (1963-1966). Actress Patty Duke played dual parts in the show: American and Scottish cousins. In 2009 Duke created public service announcements for the Social Security Administration, again playing two roles.

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NORFOLK COUNTY Sheriff Patrick McDermott, left, joined District Attorney Michael Morrissey, in blue, at the DA's Winter Basketball Camp in Stoughton during February vacation week. The group of 30 third- through eighth-grade students was coached for the week by SHS varsity women's coach Charmaine Steele Jordan, center, helped by members of her team seen in pink. "The camp teaches basketball skills and life skills hand in hand," Morrissey said. "Cooperation, watching out for your teammates, and how to be a leader making good decisions." Photo Courtesy Norfolk County District Attorney's Office



ZOE MAHER



MARINA FERREIRA

Zoe Maher, Marina Ferreira Receive Reuben, Lizzie Grossman Awards At Woodward School

The Woodward School for Girls in Quincy congratulates its two recipients of the 2022 Reuben A. and Lizzie Grossman Awards: high school seniors and Quincy residents Zoe Maher and Marina Ferreira.

The Grossman Awards were established in 1956 by the eight Grossman children in honor of their parents to "create an achievement level which will encourage more interest by students in the areas of citizenship and leadership. We feel this award falls in line with the spirit of devotion to community and mankind, exemplified by our parents."

This year's Woodward School recipients were nominated and selected for

their exemplary academic records, conduct, community engagement, leadership, and service, manifested throughout their years at The Woodward School.

Through the award program, the Grossmans hoped to pass on to others what they learned themselves about hard work, achievement, service, and integrity. We hope that this year's award recipients and all our students will carry these virtues that we endeavor to instill at The Woodward School into all their future endeavors.

The Grossman Awards are sponsored by the Reuben A. and Lizzie Grossman Foundation for Leadership and Service.

Movie Review: 'The Batman'

By BOB GARVER

The first thing I noticed about Robert Pattinson's take on Batman in "The Batman" was his walk. I don't think there's ever been so much emphasis put on his walk. When I picture Batman moving, I think of him swooping on a rope, or maybe running in place like he and Robin did in the opening to their 1966 TV show. But the whole "intimidating walk" thing is unique to this version. It's emblematic of it, really. It's well-shot and grounded, for people who like to take their comic book movies seriously. But at the same time, do we really need a take on Batman that's this realistic? It's a guy in a ridiculous costume up against one of the most colorful rogues galleries in all of entertainment. Can't he be allowed to have fun and do some swooping?

Other characters are lacking in fun as well. The Penguin (Colin Farrell) — un-

recognizable under an undeniably-great makeup job) is just a balding gangster with a nickname. The Riddler (Paul Dano) is a Zodiac knockoff with a little Jigsaw thrown in, though not the part with the creepy puppet. Catwoman (Zoe Kravitz) embraces her gimmick the most, taking in several stray furballs and often utilizing her long fingernails, I mean, claws. Strangely the Big Bad for much of the movie is not-even-nicknamed gangster Carmine Falcone (John Turturro). He's destined to be the person another villain kills on their way to the top (think Jack Palance in the 1989 "Batman"), but he's given a lot of backstory and screentime for a character that isn't going to sell any tickets.

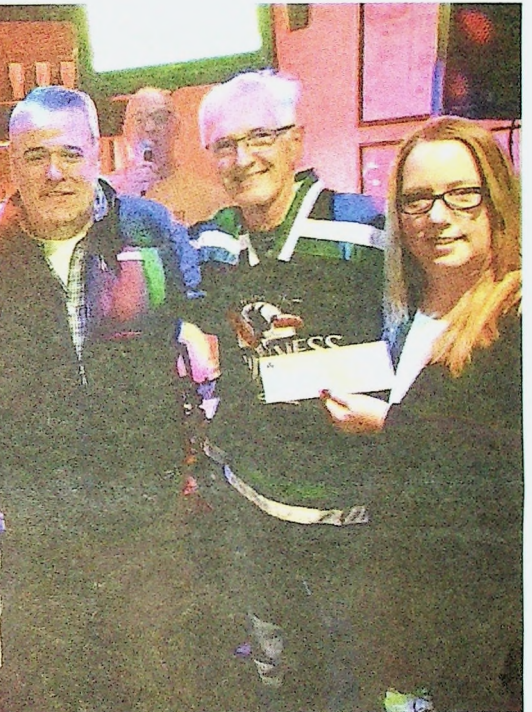
The story sees Batman and Lt. Jim Gordon (Jeffrey Wright) trying to stop serial killer Riddler, who is systematically knocking off public officials in Gotham

City and promising to reveal a conspiracy that will shake the city to its core. Frankly I think the citizens of Gotham would be more shocked if it turned out their public officials weren't corrupt, but sure, let's say the average Gothamite isn't cynical. Finding The Riddler means finding the next victim, which forces Batman and Gordon to uncover the conspiracy for themselves, which means finding out exactly what business the victims had with various gangsters. It turns out the gangsters had business with someone close to home, which gives Andy Serkis as Alfred the butler a chance to shine. Catwoman has business with one victim and one gangster, so she's a wild card. The story is pretty taut until we learn that one of the villains has a secret bonus scheme that really drags out the final act of the movie. I get that the movie wanted to end on a certain note for

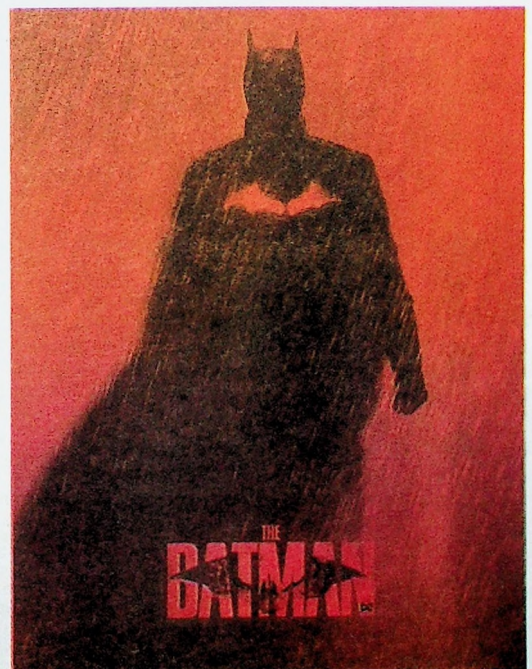
Batman, but it takes a long, convoluted way of getting there.

A big question (not a riddle, a question) surrounding this movie is how well Robert Pattinson fits into the role of Batman. He's fine. Physically, he's a bit on the lanky side, and he does himself no favors in scenes where he wears eye shadow outside of his batsuit, which reminds snickering audience members of his fame during the late-2000's Guyliner era. But I never once got the impression that he was cast strictly for his star power, no matter how much sense it makes for a former vampire to play a bat.

I know it seems like I found fault with "The Batman" at every turn, but I really didn't. I especially loved how the cramped Gotham City seems so much like New York City that it feels like this movie could be taking place downtown right now. Or a nearby turnpike, in the case of a car chase that serves as the



CUSTOMERS AT Cronin's Public House recently raised \$2,000 for charity in a Guinness Jersey Giveaway. Ten dollar raffle tickets were sold for a chance to win the jerseys that were donated by Cronin's Public House located at 23 DesMoines Rd., Quincy Point. From left to right: Quincy Police Sgt. and U.S. Navy veteran Jason MacIsaac accepts a \$1,000 check for Cops for Kids with Cancer; Peg (Cronin) Garvey, Guinness jersey winner Jenn Ellison, Mike Cronin, Guinness jersey winner Peter Cross and Quincy Veterans Services director and U.S. Navy veteran Christine Cugini accepts a \$1,000 check for Wreaths Across America. Emcee DJ Mark McGillicuddy in background. Courtesy Photo



best action sequence in the movie. Maybe it's because I love the Batman universe so much that every misstep in this movie seems so glaring. And for some reason, Batman takes a lot of steps in this movie.

Grade: C

"The Batman" is rated PG-13 for strong violent and disturbing content, drug content, strong language, and some suggestive material. Its running time is 175 minutes.

BBB: Donating To Help Ukraine Relief Activities

By BETTER BUSINESS BUREAU

News reports of Russia's attack on Ukraine may encourage concerned individuals to reach out and help victims affected by the conflict.

Before giving, go to the Better Business Bureau's

Give.org for tips on how to best help Ukraine relief activities. Among other things, it notes that not all relief organizations will be able to provide timely assistance unless they already have a presence in Ukraine. For additional advice as well as a list of BBB Accredited

Charities (i.e., meet all 20 BBB Charity Standards) raising funds to help, visit tips for donating to Ukraine relief (<https://give.org>).

As the Russian invasion of Ukraine has begun, concerns grow about current and potential emergency needs of the Ukraine peo-

ple. Generous donors want to help by supporting charities that are raising funds for assistance. BBB Wise Giving Alliance offers the following tips for donors to consider along with a list of BBB Accredited Charities that have announced Ukraine-related activities or plans on their websites.

The BBB certainly encourages generosity to help the people in Ukraine but caution donors to avoid questionable appeals by keeping the following tips in mind:

- **Can the charity get to the impacted area?** Not all relief organizations will be positioned to provide relief quickly. See if the charity already has a presence in Ukraine.

- **Should you send clothing and food?** Local drives to collect clothing and food to send overseas may not

be practical as the logistics and timing to deliver and disperse such items will be challenging. Relief organizations are better equipped to obtain what is needed, distribute it effectively and avoid duplication of effort.

- **Does the relief charity meet BBB Charity Standards?** You can verify a charity's trustworthiness by viewing an evaluative report completed by BBB Wise Giving Alliance. See the list provided below of charities that are soliciting for relief assistance for Ukraine and that also meet the BBB Standards for Charity Accountability.

- **Is the charity experienced in providing emergency relief?** Experienced disaster relief charities are the best bet to help deliver aid as soon as possible. New entrants may have difficulty in following through even if they have the best of intentions.

- **Are you considering crowdfunding appeals?** If engaging in crowdfunding, it is safest to give to someone you personally know and trust, and review the platform's policies regarding fees and distribution of collected funds. If

the crowdfunding request is from a charity, check out the group by visiting Give.org. Keep in mind that some crowdfunding sites do very little vetting of individuals or organizations that decide to post for relief assistance. Sites that take security measures will usually provide descriptions of these procedures.

- **Does the appeal make exaggerated financial claims such as "100% will be spent on relief."** Charities have fundraising and administrative expenses. Any charity claiming otherwise is potentially misleading the donating public. Even a credit card donation will have a processing fee.

The following nationally-soliciting charities are BBB Accredited (i.e., they meet the 20 BBB Standards for Charity Accountability). Their respective websites indicate that they are either currently raising funds for assistance efforts in Ukraine or preparing for needs that could arise if conflict results in population displacement.

- Catholic Relief Services
- Direct Relief
- GlobalGiving
- International Rescue Committee

"Cronin's Pub, every Irishman's dream"
- The Boston Globe

Cronin's Pub & Public House

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